

Regarding mother-fetus intrauterine vertical transmission, there is still no scientific evidence to demonstrate its existence. COVID-19 was also not detected in breast milk⁽⁵⁾. However, the main concern is whether an infected mother can transmit the virus through respiratory droplets. Thus, breastfeeding during maternal COVID-19 infection is not contraindicated by the Centers for Disease Control and Prevention and the Royal College of Obstetricians and Gynaecologists, but precautions must be taken to prevent the spread of the virus to the newborn, including washing your hands before touching it and wearing a face mask. In the case of breast milk extraction, the recommendations for cleaning the breast pumps after each use must be strictly observed⁽⁶⁾.

Although the immediate risk of COVID-19 in children is low, it is important to monitor the situation and its evolution. At this stage, the concern about COVID-19 can make children and their families anxious. Several countries have implemented social confinement and distancing, which means maintaining a safe distance (approximately one meter) from others and avoiding meeting spaces with more than five people. In case of confinement at home, parents are often the best and closest resource for their children to seek help. Games and play can be strategies for distraction and communication with children. Toys should be cleaned and disinfected with soap and water, a disinfectant or sodium hypochlorite solution (10 ml/1 liter of water). This virus is inactivated after five minutes⁽⁷⁾.

The current outbreak of COVID-19 remains serious worldwide and has been designated as a Public Health emergency and an international concern of the World Health Organization. It is highly contagious and, although the number of reported sick children is small at the moment, they are also vulnerable to infection. The importance of raising awareness and strengthening infection control measures can never be overemphasized.

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