

Lactation and COVID-19 Infection

Dear Editor,

Breast milk is the most appropriate nutrition for the infant. Breast milk is enriched with anti-infection and anti-inflammation components, makes more vital in alleviating contagious circumstances. Feeding the neonate with the breast milk provides primary protection versus infectious conditions and develops a physical and mental relationship between neonate and her/his mother.^[1] Through recent rapidly evolving global infection of COVID-19, pregnant women having doubtful or fixed COVID-19 and the newborns require urgent observations.^[2] A study revealed that antibody titers followed by the vaccination were equal in breastfeeding mothers and pregnant women in contrast with females who are not pregnant. The levels of antibody titers followed by the vaccination were markedly increased compare to whom derived by the Covid-19 infection in gestation. The antibodies developed by vaccination process were available in each breast milk and birth cord specimen. Antibodies are transferred to neonates occurred from the placenta and breast milk.^[3] Moreover, previous research work had highlighted that the Coronavirus is not transmitted via breast milk. The woman with COVID-19 infection has huge values of COVID-19 antibodies in her breast milk. It coats the inner layers of baby's nasal and oral cavities to help decline the level of infection. Freshly drawn breast milk is absolute because of protective cells and provides significant coverage against infection.^[4] The newborn and her mother must be kept together during the whole day and apply skin-to-skin contact, mainly just after the processes of birth, regardless mother or her baby has doubtful or confirmative COVID-19.^[2] The samples of breast milk were evaluated and found nonreactive for the nucleic of the virus. Moreover, the samples of breast milk were assessed for antibodies and IgG was found negative. There are various negative consequences on the physical and psychological health of mother and baby because of separation.^[1] The World Health Organization (WHO) has recommended that lactating women having doubtful or confirmative infections should be motivated to start or keep going with breastfeeding. The lactating women should be educated about the positive results of lactation substantially declining the chances of spread of the infection.^[5] Vaccine-induced immunity was significantly higher than the response to the natural infection of COVID-19. We can conclude that Immunity transfer to neonates occurred via Placenta and breast milk. Mothers with CIVID-19 infection should be encouraged for breastfeeding their infants.

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Conflicts of interest

Nothing to declare.

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