

Infant Feeding During Emergencies ^[1]

Submitted by Anonymous (not verified) on 20 February 2020 - 10:16pm



ALIMENTACIÓN DEL INFANTE DURANTE EMERGENCIAS

Oasis de lactancia materna

Espacio seguro y
adecuado para
embarazadas y lactantes.



Higiene



Siempre lava tus manos con
agua y jabón antes de
alimentar a tu infante.

*Utiliza gel antibacterial si no hay agua disponible.

Prácticas de alimentación



Primera Opción:

- Lactancia materna a demanda.
- *Mantente junto a tu infante durante la emergencia.

Segunda Opción

- Fórmula lista para su uso.

Tercera Opción:

- Fórmula en polvo con agua embotellada.
- *Si no hay agua embotellada,
hierve el agua.
- Prepara la leche justo antes de alimentar a tu
infante.
- Descarta la leche que sobre.



Preparado por:

Andrea López Cepero- MHSN, PhD- Harvard TH Chan School of Public Health
Olga Sinigaglia- LND,MHSN, CLE- University of Puerto Rico, Rio Piedras Campus

Revisado por:

Rafael Pérez Escamilla - PhD- Yale University

After the Puerto Rico earthquakes, health sciences researchers from Harvard T.H. Chan School of Public Health, Yale School of Public Health, the University of Puerto Rico and The Hispanic Council created this infographic on infant feeding practices. We thank Andrea López-Cepero for sharing them with us!

INFANT FEEDING DURING EMERGENCIES

Safe Haven for Breastfeeding

Adequate and safe space
for pregnant and
breastfeeding women.



Hygiene



Always wash your hands
with water and soap before
feeding your infant.

**Use hand sanitizer if water is unavailable.*

Feeding Practices

First option:

-Maternal Breastfeeding.

*Stay with your infant throughout
the emergency period.

Second option:

-Ready to feed formula.

Third option:

-Powdered formula prepared with
bottled water.

*Boil water if bottled water is
unavailable.

-Prepare right before feeding your
infant.

-Discard leftovers.



Prepared by:

Andrea López Cepero - MHSN, PhD- Harvard TH Chan School of Public Health
Olga Sinigaglia - LND, MHSN, CLE- University of Puerto Rico, Rio Piedras Campus

Revised by:

Rafael Pérez Escamilla - PhD- Yale University

Source URL:<https://www.cienciapr.org/en/blogs/conocimiento-tu-salud/infant-feeding-during-emergencies>

Links

[1] <https://www.cienciapr.org/en/blogs/conocimiento-tu-salud/infant-feeding-during-emergencies>