

Recommendations from WHO

Maternal, newborn, child and adolescent health

COVID-19 : Resources and support



COVID19 Resources MNCAH and Ageing

[Pregnancy, Childbirth, Postnatal Care](#)

[Breastfeeding](#)

[Care for young children](#)

[Adolescents and Youth](#)

[Care for older persons](#)

WHO Emergencies

[Coronavirus disease \(COVID-19\)](#)

[WHO Home page](#)

Below are links to our universal resources.

Links to resources specific to MNCAH and ageing can be found on the panel to the right of this page.

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Department of Maternal, Newborn, Child
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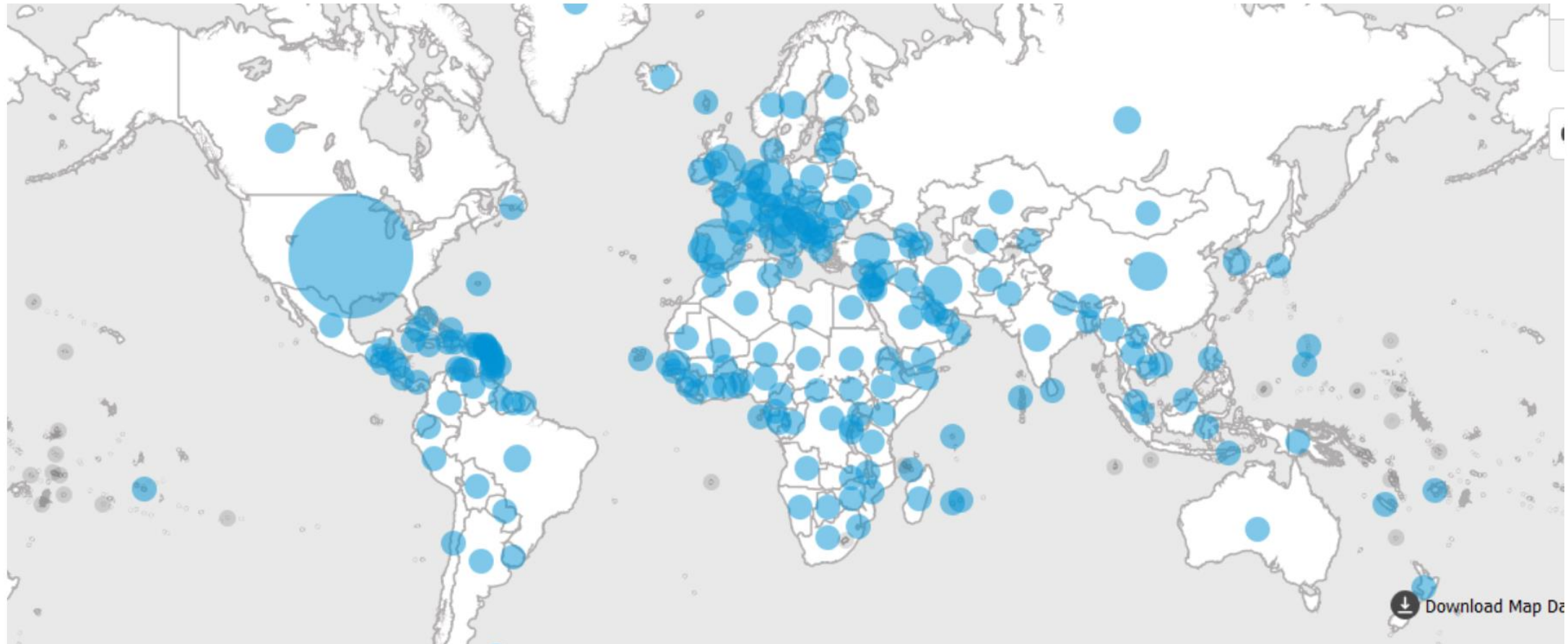
World Health Organization
Geneva, Switzerland

Outline

- The latest data on COVID-19 cases and deaths
- Evidence related to COVID-19 and pregnant women, newborns and children
- Sustaining essential services and potential impact of coverage declines
- Recommendations for continuity of services
- The hidden face of COVID -19 for children
- Mental health and social support services
- Parenting tips
- Research priorities <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
https://www.who.int/maternal_child_adolescent/links/covid19-resources-and-support-for-mncah-and-ageing/en/

The latest data

[Home](#) / [Newsroom](#) / [Feature stories](#) / [Detail](#) / WHO updates COVID-19 dashboard with better data visualization



<https://www.who.int/news-room/feature-stories/detail/who-updates-covid-19-dashboard-with-better-data-visualization>

Evidence related to maternal and newborn health

- Currently, there is no evidence that pregnant women present with different signs and/or symptoms or are at higher risk of severe illness.
- To date, the virus has not been found in samples of amniotic fluid, cord blood, vaginal discharge, neonatal throat swabs or breastmilk.
- Evidence of increased severe maternal or neonatal outcomes is uncertain, and limited to infection in the third trimester with consequences including preterm birth.
- WHO recommends that pregnant women with symptoms of COVID-19 should be prioritized for testing.

Evidence related to child and adolescent health

- Children of all ages can become infected. Symptoms mostly result in mild to moderate disease.
- There is overlap of symptoms of common childhood conditions with those of COVID-19, such as acute febrile and/or respiratory illnesses. In areas with COVID-19 transmission, assessment and treatment must consider both.
- Children are at risk of receiving sub-optimal home care including care-seeking for illness.
- Delivery of non Covid-19 essential services for RMNCAH is being affected in many settings.

Continuity in respectful maternal and newborn care

Before, during and after childbirth, all women have the right to high quality care. This includes:



For women with suspected, probable, or confirmed COVID-19 infection:

- WHO advice is that caesarean sections should only be performed when medically justified.
- Mothers and infants should be enabled to remain together and practice skin-to-skin contact, kangaroo mother care and rooming-in throughout the day and night.
- If the newborn is admitted in the neonatal unit, mothers should be supported to express milk, have access to the unit and participate in the care of the baby.

Appropriate IPC measures should be applied.

All women have the right to a safe and positive childbirth experience, whether or not they have a confirmed COVID-19 infection.



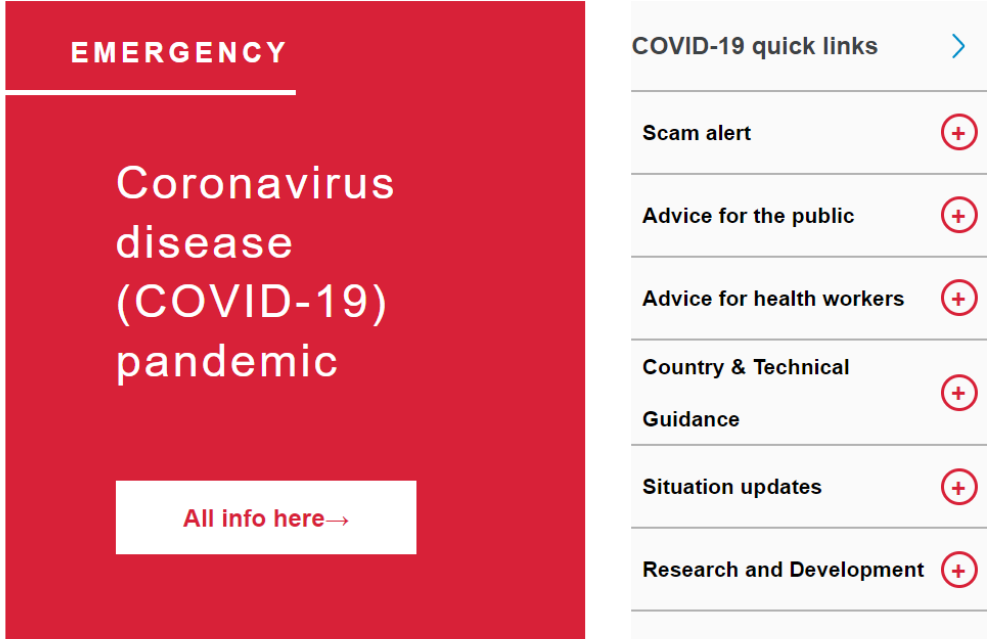
Close contact and early, exclusive breastfeeding helps a baby to thrive.

A woman with COVID-19 should be supported to breastfeed safely, hold her newborn skin-to-skin, and share a room with her baby.

WHO clinical guidelines on management of COVID – 19

Guidelines development process

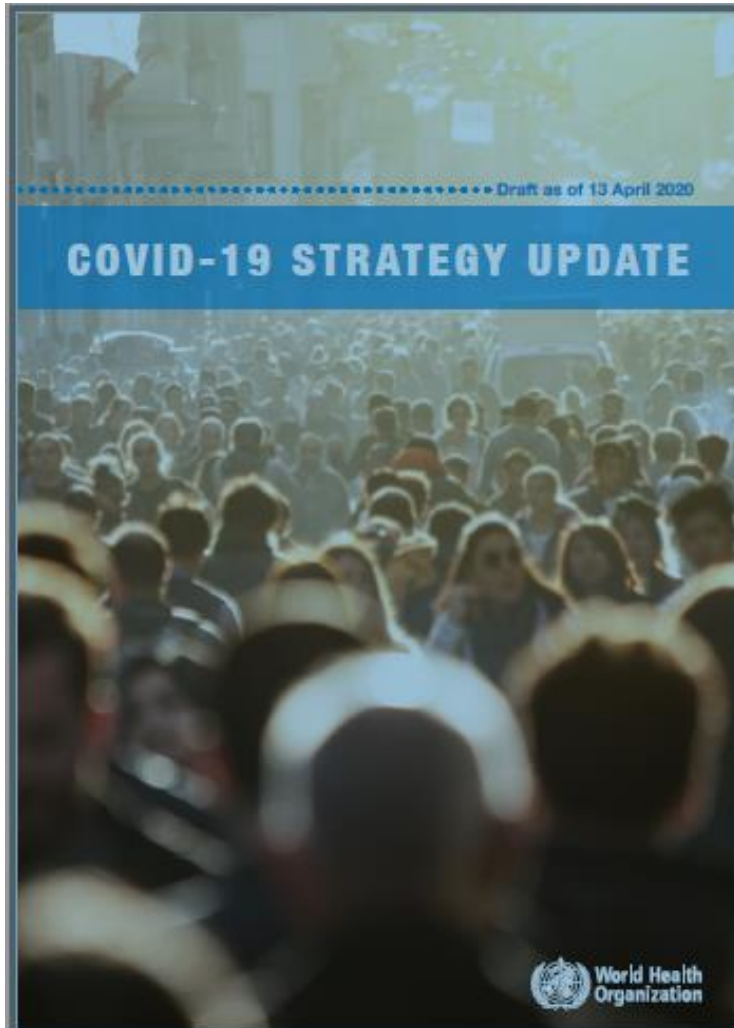
- Internal standing steering group and an external expert group
- Areas of guidance identified based on the field questions and PICO questions developed
- Guideline group reviews the evidence and makes recommendations
- **Interim guidance** is issued to respond to the emergency
- A clinical network continuously shares data and field experiences based on which new topics for guidance are identified or current guidance is updated



The screenshot shows a red emergency banner for COVID-19. The banner text reads: "EMERGENCY" at the top, followed by "Coronavirus disease (COVID-19) pandemic" in large white text. Below this is a white button with the text "All info here→". To the right of the banner is a sidebar with "COVID-19 quick links" and a list of links: "Scam alert", "Advice for the public", "Advice for health workers", "Country & Technical Guidance", "Situation updates", and "Research and Development". Each link has a red plus icon to its right.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Overall strategic directions



- **Current situation and key insights**
- **Direct and indirect effects**, including on human lives, livelihoods, way of life for individuals and societies
- **National strategies and international cooperation**
- **Transitioning to and maintaining a steady state of low-level or no transmission**
- **Accelerating research, innovation, and knowledge sharing**

SPEED, SCALE AND EQUITY

Director General's calls attention to essential health services



<https://www.who.int/dg/speeches/detail/who-director-general-s-opening-remarks-at-the-media-briefing-on-covid-19---30-march-2020>

- The rapidly increasing demand on health facilities and health workers threatens to leave some health systems overstretched and unable to operate effectively.
- Previous outbreaks have demonstrated that when health systems are overwhelmed, deaths due to vaccine-preventable and treatable conditions increase dramatically.
- Even though we're in the midst of a crisis, essential health services must continue. Babies are still being born, vaccines must still be delivered, and people still need life-saving treatment for a range of other diseases.

Quote: Dr Tedros Adhanom Ghebreyesus

Potential impact of reduced coverage of MNCAH services - preliminary models

LiST modelling tool in 118 low and middle income countries (an initial analysis conducted by Johns Hopkins Bloomberg School of Public Health, in press)

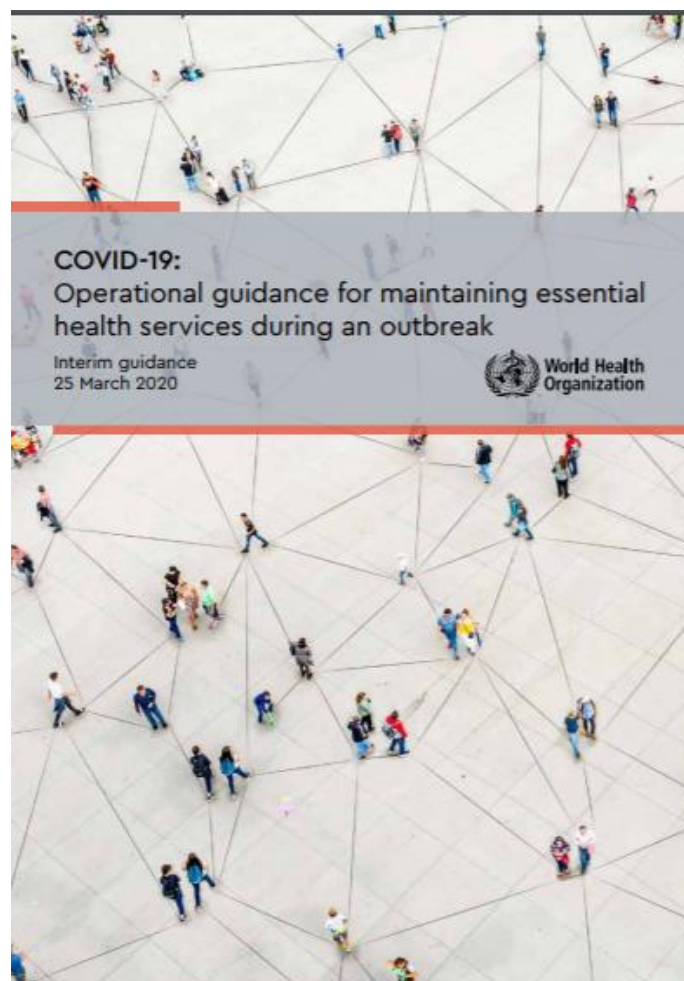
- Reductions in coverage of around 15% for 6 months would result in 253,500 additional child deaths and 12,190 additional maternal deaths.
- Reductions in coverage of around 45% for 6 months would result in 1,157,000 additional child deaths and 56,700 additional maternal deaths.

Modelling for 24 countries facing humanitarian crisis based on Ebola outbreak data (an analysis conducted by World Vision)

- 30 million children lives at stake.
- 26 million at greater risk for infection if 30% reduction in DPT3.
- 5 million additional children suffering from malnutrition based on increase of 40% from current numbers.
- Additional 100,00 children will die of malaria, an increase of 50% from current.

https://www.wvi.org/sites/default/files/2020-04/World%20Vision%20COVID%20secondary%20health%20impact_FINAL_1.pdf

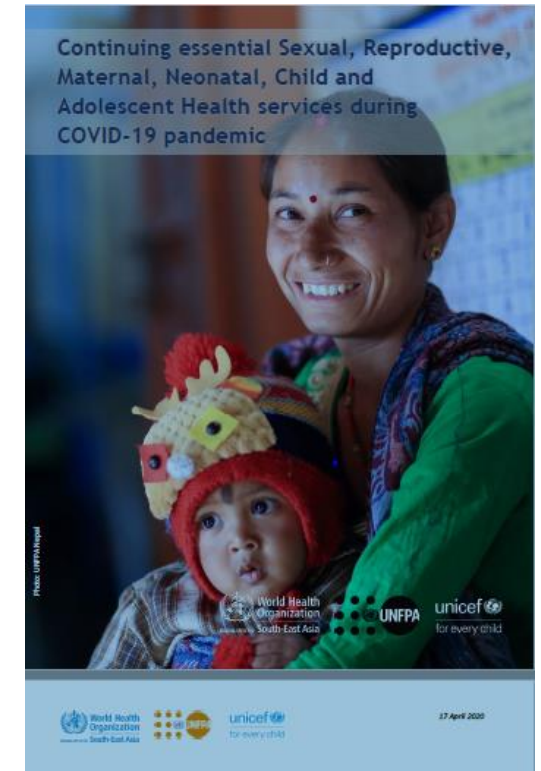
Maintaining essential health care services



- **Prioritize essential services**, including vaccination, care during pregnancy, childbirth and in the postnatal period, care for young infants and older adults, mental health and psychosocial care.
- **Optimize service delivery settings and platforms**, including in alternative locations, community services, targeted outreach, and teleconsultation.
- **Establish effective patient flow at all levels**, including screening, triage, isolation of suspected and confirmed patients, targeted referral.
- **Rapidly re-distribute health workforce capacity**, including by re-assignment and task sharing.
- **Maintain population trust** to safely meet population needs and control infection risk.

Adaptation of healthcare services

- **Strengthen infection prevention and control strategies** to prevent or limit transmission in health facilities, outreach and community services.
- **Establish triage, early recognition, and source control at entry** in to the hospital/ward and adjust personal protective equipment and infection prevention and control strategies accordingly.
- **Avoid moving and transporting patients** out of their room or area unless medically necessary. If transport is required, use predetermined transport routes and have the patient wear a medical mask.
- **Limit the number of HCWs, family members, and visitors who are in contact** with suspected or confirmed COVID-19 patient and maintain a record.



H6 partners South East Asia Region

Guiding principles for immunization

- **Where health system capacity is intact and essential health services are operational** (e.g., adequate human resources, adequate vaccine supply), **fixed site immunization services and VPD surveillance should be executed** while maintaining physical distancing measures and appropriate infection control precautions
- The appropriateness of implementing **alternative strategies** (e.g. outreach or mobile services), as well as activities requiring community interaction for VPD surveillance, **must be assessed in the local context and should be adapted to ensure the safety of the health workers and community.**
- Based on the current understanding of the transmission modes of the COVID-19 virus and the recommended prevention measures of physical distancing, **it is advised to temporarily suspend the conduct of mass vaccination campaigns**

Guiding principles for immunization activities
during the COVID-19 pandemic

Interim guidance
26 March 2020

Concerns beyond health services

Children are not the face of this pandemic.
But they risk being among its biggest victims.
UN Secretary General's report


Policy Brief:
**The Impact of
COVID-19
on children**

15 APRIL 2020

- Falling into poverty
- Exacerbating the leaning crisis
- Threats to child survival and health
- Risks to child safety

- Prioritize the continuity of child-centered services, with a particular focus on equity of access.
- Put in place specific protections for vulnerable children
- Provide practical support to parents and caregivers
- Prioritize the restoration of child services as lockdown measures wind down


The importance of mental health and psychosocial care



World Health Organization








Mental health and psychosocial considerations during the COVID-19 outbreak

18 March 2020



World Health Organization

Coping with stress during the 2019-nCoV outbreak

-  It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.
-  If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
-  Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
-  Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.
-  Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
-  Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.
- 

The severe acute respiratory syndrome epidemic in 2003 was associated with a 30% increase in suicide in those aged 65 years and older; around 50% of recovered patients remained anxious; and 29% of health-care workers experienced probable emotional distress

Many of the anticipated consequences of quarantine¹⁴ and associated social and physical distancing measures are themselves key risk factors for mental health issues. These include suicide and self-harm, alcohol and substance misuse, gambling, domestic and child abuse, and psychosocial risks (such as social disconnection, lack of meaning or anomie, entrapment, cyberbullying, feeling a burden, financial stress, bereavement, loss, unemployment, homelessness, and relationship breakdown)

Source: Holmes EA et al, Multidisciplinary research priorities for the COVID-19 pandemic: a call for action for mental health science, *Lancet Psychiatry* 2020, [https://doi.org/10.1016/S2215-0366\(20\)30168-1](https://doi.org/10.1016/S2215-0366(20)30168-1)

1 COVID-19 PARENTING One-on-One Time

Can't we work? Schools closed? What about stress? It's so hard to feel all good and so well often.

When someone is you or a child to make sure everything is going well and everyone is happy. It can be hard to find time to do this. But if you can, it's a great idea to have one-on-one time with your child. This is a special time when you can be with your child and do something together that is just for you and your child.

Set aside time to spend with each child

- It can be the last 15 minutes or longer. It can be as little as 5 minutes. The most important is that you are together and doing something that is just for you and your child.

Ask your child what they would like to do

- Children like to feel in control. They want to do what they want to do. So ask your child what they would like to do. This is a great way to make sure you are doing something that is important to your child.

Ideas with your baby/toddler

- Color their favorite colors on a piece of paper.
- Sing songs or make music with your voice.
- Read a book together.
- Tell a story about a book or movie.

Switch off the TV and phone. This is virus-free time

Meal with your teenager

- Talk about something that they are interested in.
- Ask them to help you with a recipe.
- Listen to their music.
- Watch a video together.

Meal with your young child

- Read a book or look at pictures.
- Play a game.
- Listen to their music.
- Watch a video together.
- Play with a toy.
- Help with school work.

Listen to them, look at them. Give them your full attention. Have fun!

For more information visit [WHO](#), [UNICEF](#), [USAID](#), [CDC](#)

2 COVID-19 PARENTING Keeping It Positive

It's hard to feel all the time what you feel as a caregiver who is doing so much. We often tell you saying "You doing great!" but sometimes you might want to say "You are doing so much better than last time" or "You are doing so much better than last time".

Say the behavior you want to see

- When you see your child doing something that you want to see, say "You are doing so well!" or "You are doing so much better than last time!"

Praise your child when they are behaving well

- Praise your child when they are behaving well. This is a great way to make sure you are doing something that is important to your child.

It's all in the delivery

- Praise your child when they are behaving well. This is a great way to make sure you are doing something that is important to your child.

Get real

- Don't be afraid to say "I'm not doing so well." or "I'm not doing so well." This is a great way to make sure you are doing something that is important to your child.

Help your teen stay connected

- Teens especially want to be with their friends. Help your teenager stay connected with their friends.

For more information visit [WHO](#), [UNICEF](#), [USAID](#), [CDC](#)

3 COVID-19 PARENTING Structure Up

COVID-19 has taken over our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

Create a flexible but consistent daily routine

- Make a schedule for you and your child that has a mix of things that you want to do and things that you have to do.
- Children and teenagers can help you make the schedule. This is a great way to make sure you are doing something that is important to your child.
- Make sure you are doing something that is important to your child.

Teach your child about keeping safe distances

- It is OK to be physically close to your child. But it is important to keep a safe distance from other people.

Make handwashing and hygiene fun

- Make a game out of handwashing. This is a great way to make sure you are doing something that is important to your child.

At the end of each day, take a moment to think about the day. Tell your child about one positive or fun thing they did. Praise yourself for what you did well today. You are a star!

For more information visit [WHO](#), [UNICEF](#), [USAID](#), [CDC](#)

4 COVID-19 PARENTING Bad Behavior

All children sometimes. It is normal when children are tired, hungry, or if it is raining continuously. And their behavior can change when they are tired.

Redirect

- If your child is having a bad behavior, try to redirect them to something that is positive.

Take a Pause

- If your child is having a bad behavior, try to take a pause. This is a great way to make sure you are doing something that is important to your child.

Use consequences

- Consequences are a way to make sure you are doing something that is important to your child.

Keep using Tips 1-3

- Use tips 1-3 to make sure you are doing something that is important to your child.

For more information visit [WHO](#), [UNICEF](#), [USAID](#), [CDC](#)

5 COVID-19 PARENTING Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone

- Millions of people have the same feelings as you. You are not alone.

Take a break

- Take a break when you are feeling stressed. This is a great way to make sure you are doing something that is important to your child.

Take a Pause

- Take a pause when you are feeling stressed. This is a great way to make sure you are doing something that is important to your child.

Use your coping skills

- Use your coping skills to make sure you are doing something that is important to your child.

For more information visit [WHO](#), [UNICEF](#), [USAID](#), [CDC](#)

6 COVID-19 PARENTING Talking about COVID-19

Be willing to talk. They will always have hard questions. Listen and answer. Do not protect our world. Answer and explain. Think about how much they will understand. You have been here.

Be open and listen

- Be open and listen to your child's questions. This is a great way to make sure you are doing something that is important to your child.

Be honest

- Be honest with your child about COVID-19. This is a great way to make sure you are doing something that is important to your child.

Be supportive

- Be supportive of your child. This is a great way to make sure you are doing something that is important to your child.

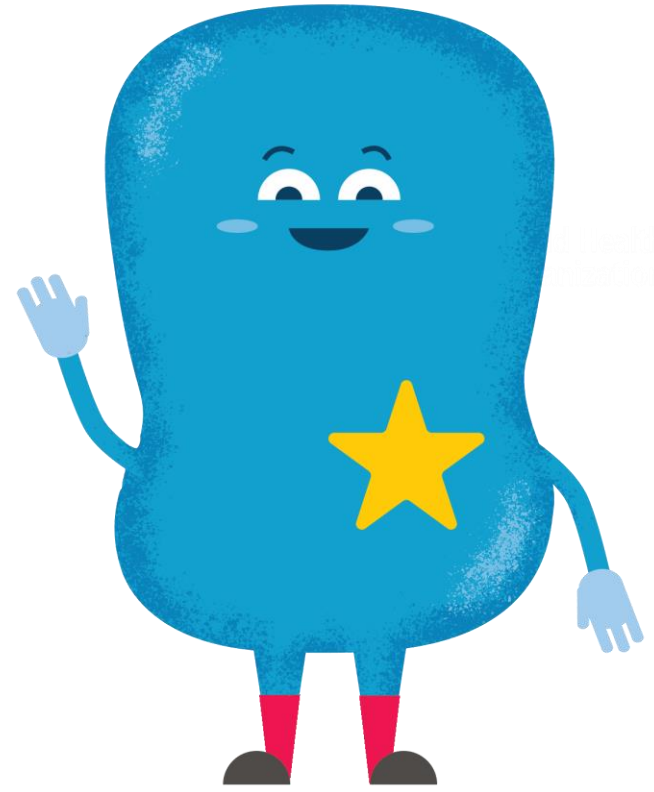
There are a lot of stories going around

- There are a lot of stories going around. This is a great way to make sure you are doing something that is important to your child.

End on a good note

- End on a good note. This is a great way to make sure you are doing something that is important to your child.

For more information visit [WHO](#), [UNICEF](#), [USAID](#), [CDC](#)



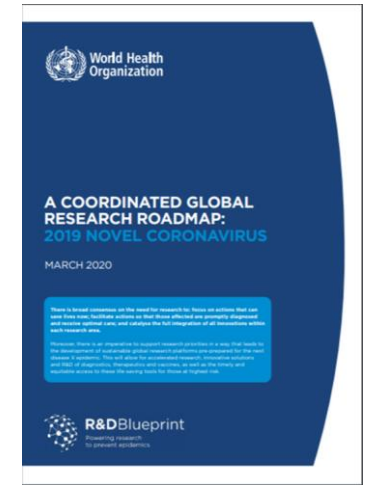
COVID-19 Parenting Tips

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

<https://www.ecdan.org/>

Research priorities

- The natural history of the virus, its transmission and diagnosis;
- Animal and environmental research on the origin of the virus, including management measures at the human-animal interface;
- Epidemiological studies;
- Clinical characterization and management of disease caused by the virus;
- Infection prevention and control, including best ways to protect health care workers;
- Research and development for candidate therapeutics;
- Research and development for candidate vaccines.



In pipeline (exemplar)

- Updated clinical guidelines for all age groups – release before the end of April. (WHO)
- Guidance: Community-based health care, including outreach and campaigns, in the context of the COVID-19 pandemic – release anticipated shortly. (UNICEF, WHO)
- Guidance to ensure the continuity of non-Covid-19 essential RMNCAH services during COVID-19 outbreak – work in progress. (WHO, UNICEF)
- Country-based approaches for monitoring the impact of the COVID-19 pandemic on delivery of essential RMNCAH services and of mitigation strategies – work in progress. (UNICEF, WHO)



Thank you

**and all health workers
caring for people at
the frontline
and
those that are in the
background to
support.**