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Bucharest, Romania



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BOOK OF ABSTRACTS

International Summer School

FOOD SAFETY AND HEALTHY LIVING

FSHL – 2021

ONLINE

Editors

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July 4-8, 2021
Romania

TRANSILVANIA University Press
ISBN 978-606-19-1374-9

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Book editing – Mihaela Badea, Elena Vasilica, Laura Gaman

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C15 INTERNATIONAL GUIDELINES FOR PREGNANCY AND LACTATION DURING COVID PANDEMIA

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When the population is involved in a national / international problem concerning health, there is an immediate request for information regarding the behaviours that must be followed by the "at risk" groups. COVID, as on previous occasions, immediately led to consider the extent of the risk in the elderly, children, pregnant and breastfeeding women. Everyone knows the situation regarding the elderly population and what sad consequences there have been. On the contrary, the children were practically immune. Data on these populations were collected in a short time, on the basis of the incidence of severe forms in relation to age.

Obviously, it is less easy to determine whether COVID may represent a greater risk in pregnant women and whether the infection may have consequences in the baby during growth in utero or during breastfeeding.

Based on the data collected, it would appear that pregnant women do not have a greater risk of contracting the infection than the general female population. However, there is a greater likelihood of developing more severe symptoms in the third trimester.

There is no current evidence of problems in children born to women who had contracted the virus, nor a greater risk of miscarriage in the first trimester.

Regarding breastfeeding, UNICEF believes that there is no reason to deprive a newborn of this precious source of nutrients and functional components. Furthermore, at present, the transmission of COVID-19 through breastmilk and breastfeeding has not been shown. On the contrary, it has been observed that milk produced by mothers infected by COVID contains IgA and IgG capable to neutralize SARS-CoV-2 activity.

- WHO. Coronavirus disease (COVID-19): Pregnancy and childbirth. <https://www.who.int/news-room/q-a-detail/coronavirus-disease-covid-19-pregnancy-and-childbirth>
- UNICEF. Breastfeeding safely during the COVID-19 pandemic. How to nourish your child following the current expert guidance. <https://www.unicef.org/coronavirus/breastfeeding-safely-during-covid-19-pandemic>