



EMERGENCY:

HELPING MOTHERS AND BABIES SAFELY

SUPPORT EMERGENCY PROFESSIONALS

Specifically formed Humanitarian and Governative Organizations are coordinating interventions in emergency situations to protect maternal and child health. They guarantee adequate nutrition for every baby (whether breastfed or not).



The most efficient intervention protects and supports human milk feedings while reducing the risks of artificial feeding.

HELP KINDLY, HELP CLEVERLY!



HUMAN MILK IS SAFER, BUT IS IT TRUE ITS QUANTITY CAN DECREASE BECAUSE OF FEAR?

NO! Milk production is not regulated by emotional states, but it depends heavily on how much milk is drained from the breast (and how many times). Sustaining a lactating mother is the first act of protection towards her baby as well.



CAN I DONATE HUMAN MILK SUBSTITUTES, FEEDING BOTTLES AND PACIFIERS?

Formula (artificial milk) donations, as well as donating feeding bottles and pacifiers, are usually discouraged. In these situations, hygiene-sanitary conditions are not adequate and do not guarantee a safe use of formula, thus exposing children to health risks (i.e. gastrointestinal tract infections)

WHY FORMULA MIGHT BE DANGEROUS?

Powdered formula is not sterile. For this reason it has to be prepared with water that has been brought to boiling point and then cooled to 70° (according to guidelines). This may not be possible in emergency situations. The presence and availability of combustible supplies, water and equipment needed for safe preparation of human milk substitutes are not guaranteed in all contexts.

WHAT ABOUT LIQUID FORMULA (ARTIFICIAL MILK)?

Liquid formula is safer because it is sterile until it is opened, but it has to be kept in a fridge afterwards. Moreover, correct cleaning of feeding bottles and pacifiers is still needed. This might be difficult as well.



Try speaking to associations that operate according to international standards of protection, promotion and support of an adequate infant nutrition in emergency situations (Civil Protection, Unicef). They will know how to help you, so that you can help others.

Reference documents

- **EPICENTRO** (Istituto Superiore di Sanità): *The six steps of infant and young feeding in emergencies*
- **OMS** "Infant and young child feeding in emergencies"

USEFUL AND SAFE DONATIONS

- **MEDICATIONS**
- **DIAPERS**
- **TOYS**
- **CLOTHES AND COVERS**
- **MONEY**

