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# Breast milk from human milk banks: COVID-19 infection proof

*ETHealthworld spoke to experts on the safety of milk from human milk banks for infants, the challenges they faced during the peak of the COVID-19 pandemic and how protocols were followed to ensure safe milk was available to infants in need.*

ETHealthWorld • August 17, 2022, 18:45 IST



By Artika Bansal

New Delhi: Ever since the COVID-19 pandemic hit the world, every country did its best to curb the menace of the disease. While the [World Health Organisation \(WHO\)](#) issued guidelines for countries to follow, governments of countries also took measures to minimise disruptions in the delivery of essential services. One such service was towards maternal and

newborn health and nutrition.

[Breastfeeding](#) has been considered a very emotional attachment and bonding experience between the mother and child. It is the best source of nutrition for a newborn, providing healthy growth and development in them. No mother wants to miss out on this, after all, it's not just about the emotive value it carries but also about what is best for the infant. It can be hurtful for mothers who for some reason aren't able to provide milk to their children, this is where [human milk banks](#) come to their aid. Mothers who breastfeed and mothers who donate milk, both feel

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