**BREASTFEEDING FACTS:**

- Mothers with cholera should continue to breastfeed their child as long as the mother is conscious (even when getting IV fluids). Breastfeeding does not make cholera worse.
- Breastmilk contains properties that protect breastfeeding infants/children from getting cholera. In addition to the anti-infective properties of breastmilk breastfeeding also provides safe water and food.
- Severe dehydration can decrease breastmilk volume - rehydration can correct this quickly (e.g. within an hour by IV fluid and ORS). (A breastfeeding mother does not require over-hydrating)
- Non-breastfed infants are 6-25 times more likely to die in unhygienic conditions, mainly due to diarrhoea and malnutrition, they are also more likely to get cholera.
- Infants below 6 months of age should be exclusively breastfed and those over 6 months should continue to receive breastmilk in addition to other foods. The more a baby suckles the more milk the mother will produce (however if the mother has cholera it is important that she receives the rehydration that she requires).

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