Maintaining strong Immune System in the context of COVID-19

Children 6–23 months or older.
(Continue breastfeeding with appropriate complimentary feeding)

*Children need a variety of foods each day at least different foods from different food groups

Hygiene during complimentary feeding period

- Wash hands with soap and running water before handling (before preparing and serving).
- Wash baby’s food thoroughly before cooking and prepare it in a clean surface. Separate cooked and uncooked food.
- Cover food while cooking, cooling and/or storing to protect it from flies, other insects and rodents.
- Wash raw fruits and vegetables with running water before eating.

Call 719 or Dial *719#
FOR MORE INFORMATION:
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