

## 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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