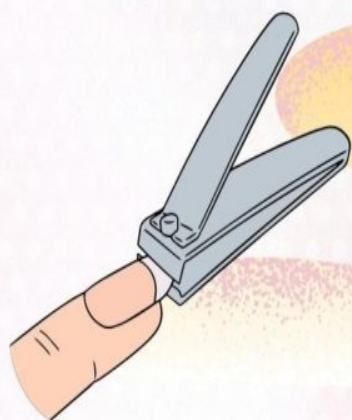


Safety Measures And Tips For Chickenpox During Breastfeeding



Apply calamine lotion on the rashes to soothe irritation and reduce itching.

Take a cold bath with oatmeal or baking soda to calm and cleanse the skin.



Avoid scratching the rash, and keep nails trimmed to prevent infection.

Wash your hands thoroughly with soap and water before touching the baby, preparing food, or handling the baby's toys, clothes, and diapers.



Cover the rash with a cloth to prevent direct contact with the baby and potential infection.

Wear a mask when breastfeeding to prevent transmission.

