BREASTFEEDING & COVID-19

Breastfeeding protects babies when they are sick and when others around them are sick

Wash your hands before breastfeeding
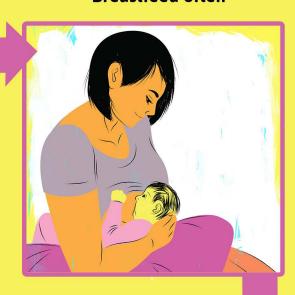
Breastfeed often

If you need to visit the hospital keep baby with you and breastfeed if you can or pump/express

Wear a mask if you are sick

If you pump milk make sure to carefully wash your pump each time

Breastfeed as much as possible and get the support you need

More information:
La Leche League International
CDC.gov

PraeclarusPress.com