

# COVID-19 TIPS AND BREASTFEEDING

1

WASH YOUR HANDS BEFORE TOUCHING YOUR BABY & TOUCHING BOTTLES OR PUMP



2

WEAR A FACE MASK, WHILE FEEDING AT THE BREAST



3

EXPRESS BREAST MILK TO ESTABLISH & MAINTAIN MILK



4

IF POSSIBLE, HAVE SOMEONE ELSE WHO IS WELL TO FEED THE EXPRESSED MILK TO THE BABY



5

CLEAN ALL PARTS OF THE PUMP OR BOTTLE AFTER BREASTFEEDING



*\*According to CDC, COVID-19 has not been detected in breast milk by limited studies.*