

BREASTFEEDING & COVID-19

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

Wash hands before and after holding or feeding your baby



Breastfeed often



If expressing milk, wash your breast pump, parts, and feeding equipment carefully each time



Wear a mask if you are sick



Give your baby a healthy start; hold your baby skin-to-skin



Breastfeed as much as possible and get the support you need



More information:
www.bccdc.ca
www.healthlinkbc.ca