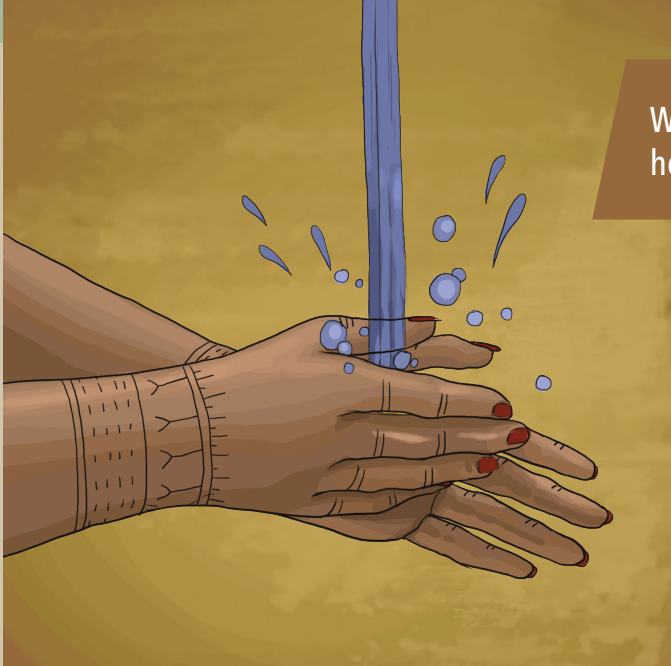


# BREASTFEEDING & COVID-19

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



Wear a mask if you are sick

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



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



Breastfeed as much as possible and get the support you need