

HOW TO BREASTFEED YOUR BABY IF YOU HAVE COVID-19

Research shows that it is not likely to transmit COVID-19 to babies through breastfeeding since breastmilk protects babies from many illnesses.

IF YOU HAVE COVID-19 AND WISH TO BREASTFEED YOUR BABY, YOU SHOULD:

- Wash your hands with soap and water for 20 seconds (or with alcohol-based hand sanitizer) before and after touching the baby.
- Pump breastmilk so that someone in your home who is not sick may feed the baby from a bottle.
- Sterilize bottle and breast pump parts after each use.
- Clean and disinfect surfaces regularly.
- Wear a mask when nursing your baby or when less than 6 feet from the baby.
- Do NOT put a mask on your baby.



BENEFITS OF BREASTFEEDING DURING THE PANDEMIC:



Breastfed babies have less chance of having major respiratory symptoms because breastmilk protects them from many infections.

Breastfeeding is good for the lactating person since the released hormones promote wellbeing and can relieve stress and anxiety.

IF YOU ARE SICK WITH COVID-19, YOU MUST RECOVER BEFORE YOU CAN GET THE VACCINE. YOU MAY CONTINUE TO BREASTFEED AFTER RECEIVING THE FIRST OR SECOND COVID-19 VACCINE

Are you a farmworker in the United States and want to know where to get the vaccine?

Talk to your service provider or call the Call for Health helpline.

This program can also connect you to a health provider for all the family:

1-800-377-9968 or send us a text via Whatsapp: **(737) 414-5121** 

The National Center for Farmworker Health
www.ncfh.org

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