



INFANT FEEDING DURING COVID-19

#1. Follow Covid-19 basic precautions.

For up to date info go to: www.bccdc.ca and www.interiorhealth.ca

Discuss your baby's feeding plan with your health care provider

Skin-to-Skin

- Skin-to-skin, right after birth and in the early days postpartum, helps your baby's skin and gut get healthy bacteria from you. This is what we always advise but it may be even more important now.
- It also helps breastfeeding get off to a good start.
- Wash your hands. Wear a mask if you are Covid-19 positive or are being investigated. *



Breastfeeding



- Breast milk is the best source of nutrition and provides protection against many illnesses. Much is unknown about breastfeeding during a Covid-19 infection. Given low rates of transmission of other respiratory viruses through breast milk, the World Health Organization states that mothers with COVID-19 can breastfeed.*
- Start breastfeeding your baby early and often.
- Consider using hand expression before/after feeds to boost your supply in the early days.
- Wash your hands before feeding.
- Wear a mask if you are Covid-19 positive or are being investigated.*
- Learn more about breastfeeding - www.healthyfamiliesbc.ca www.lllc.ca www.kellymom.com
- Get help - call your health care provider, local health centre, or peer support groups (both are holding virtual meetings)
 - La Leche League <https://www.lllc.ca/lllc-pentictonsummerland>
 - Penticton Baby & Breastfeeding Cafe www.facebook.com/pentictonbreastfeedingcafe

If you need to pump

- If you can't breastfeed, or need to boost supply, hand express or pump.
- Clean your pump parts extra carefully - follow manufacturers guidelines.
- Follow routine advice to store your breastmilk www.healthlinkbc.ca
- Pump loans are available from your local health centre.



If you need to give formula



- Follow recommendations on how to safely prepare and store formula www.healthlinkbc.ca
- Wash your hands before feeding. Wear a mask if you are Covid-19 positive or are being investigated.*
- If you are breastfeeding and need support to build your milk supply, speak with your health care provider, call your local health centre to speak with a public health nurse, or contact your local peer support group.