

# COVID-19 & BREASTFEEDING

Caring for your baby during a national emergency can be stressful but the lactation care provider community is here to support you.



## KEEP BREASTFEEDING

Although much is still unknown about COVID-19, both the World Health Organization and the Centers for Disease Control & Prevention recommend that you continue to breastfeed your baby even if you are suspected or confirmed to be infected.



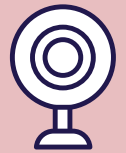
- 1 Practice good hand hygiene**  
Washing for at least 20 seconds (sing happy birthday)



- 2 Put on a face mask during each feeding**



- 3 Contact a Lactation Care Provider**  
If you are having problems with breastfeeding, reach out to a local lactation care provider. They will help you to determine the best course of action for you and your baby.



- 4 Teleconsultations**  
Thanks to technology, there are many options for virtual consults. Your lactation care provider may be setup to help you and your baby in this way.



- 5 Phone Conversations**  
Phone conversations are always a great place to start. Reach out to your lactation care provider to setup a time to talk through your current situation. They will be able to help guide you on what next steps are best for you and your baby.



- 6 In-person Visits**  
There may be circumstances where in-person visits are preferred, by you or your lactation care provider. Be sure to communicate with your provider if you or anyone in your household has been sick and follow all precautionary guidance you are given.



- 7 Contact your Doctor**  
If you are concerned about your baby's health and wellbeing, contact your baby's doctor. For concerns about yourself, contact your Ob-Gyn or Primary Care Physician.

## RESOURCES

1. Find an IBCLC Directory - <https://uslca.org/resources/find-an-ibclc>
2. USLCA Resource List - <https://uslca.org/covid19-breastfeeding>
3. CDC - [https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html#anchor\\_1584169714](https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html#anchor_1584169714)
4. WHO - <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding>



Visit [USLCA.org/find-an-ibclc](https://uslca.org/find-an-ibclc) for a provider near you!

[www.uslca.org](https://www.uslca.org)