

# BREASTFEEDING & COVID-19

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

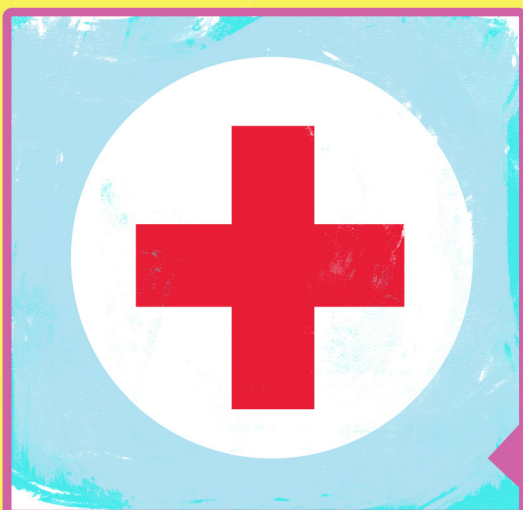
**Wash your hands before breastfeeding**



**Breastfeed often**



**If you need to visit the hospital keep baby with you and breastfeed if you can or pump/express**



**Wear a mask if you are sick**



**If you pump milk make sure to carefully wash your pump each time**



**Breastfeed as much as possible and get the support you need**



**More information:**

**[La Leche League International](https://www.la lecheleague.org/)**

**[CDC.gov](https://www.cdc.gov/)**

**[PraeclarusPress.com](https://www.praeclaruspress.com/)**