

## **GUIDELINES FOR BREASTFEEDING YOUR BABY DURING COVID-19**

**There is a wealth of evidence that breastmilk and breastfeeding reduces the risk of babies developing infectious diseases.**

**Mothers are encouraged to breastfeed directly whenever possible and maximise the amount of breastmilk they are able to provide.**

**At present, there is no evidence that Covid-19 is transmitted through breastmilk. Infection can be spread to the baby in the same way as to anyone else.**



**Everyone should:**

- **Wash their hands before touching the baby, breast pump or bottles.**
- **Avoid coughing or sneezing on the baby while feeding at the breast, by cup, syringe, tube or bottle.**
- **Wipe the breast pump with antibacterial wipes before and after they use it.**
- **Clean all pumping and feeding equipment thoroughly with warm soapy water and dry with clean paper towel. Store pump kits in a sealed box with a lid.**
- **Clean bottles for formula with warm soapy water, rinse and then sterilise between feeds.**
- **Express, label and store breastmilk in the fridge provided. Ask your midwife for guidance.**