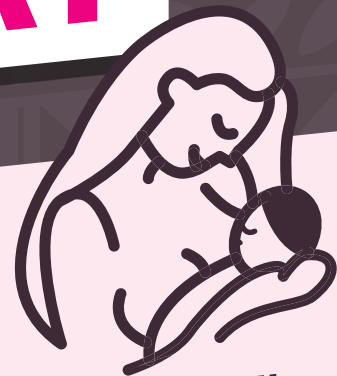


# Breastfeeding during the COVID-19 ALERT

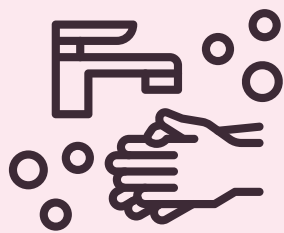
**BREASTFEEDING YOUR BABY IS THE  
BEST PROTECTION FOR YOUR BABY**

There is no current evidence that COVID-19 is transferred in breastmilk



**Before making contact  
with your baby,**

**Wash your  
hands for  
20 seconds  
with soap  
and water**



**And  
thoroughly  
dry them**



**Close contact and early,  
exclusive breastfeeding  
helps a baby to thrive.**

You should be supported to:

- Breastfeed
- Provide skin-to-skin contact that is important for bonding and breastfeeding
- Share a room with your baby
- Keep all surfaces clean.

**If you are unwell, tell your  
midwife or nurse. You may  
need to wear a mask while  
you are breastfeeding.**

**COVID-  
19**