

COVID-19



Infant Feeding

Your own breast milk provides the best nutrition and has health benefits for your baby. Your baby may be protected from COVID-19 because antibodies that fight the virus are likely passed from your breast milk to your baby.

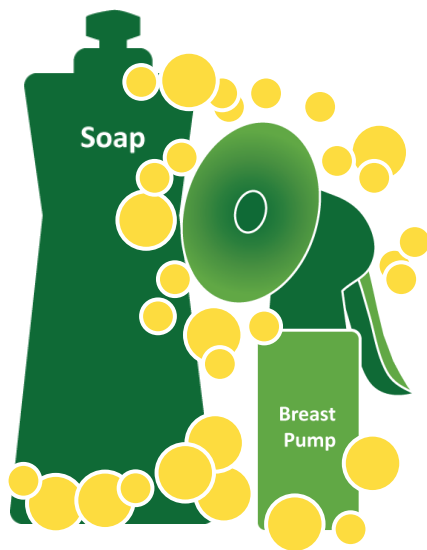
Wash hands before and after holding or feeding your baby.



If you have COVID-19 or symptoms wear a mask.



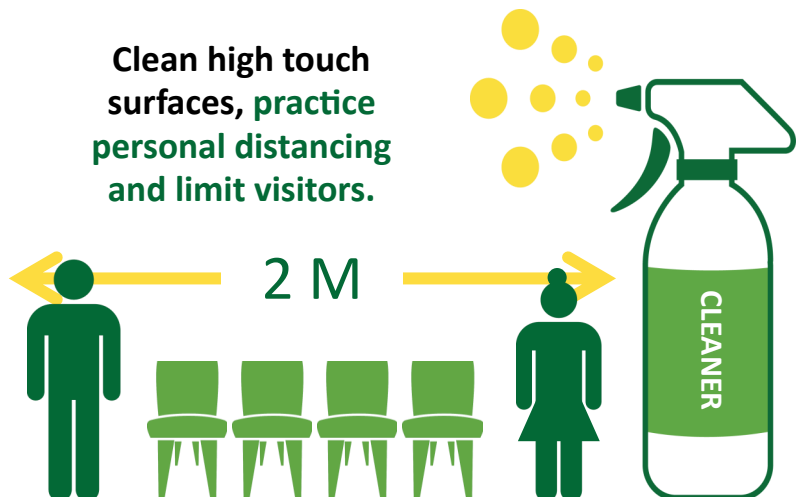
When expressing breast milk, or pumping, make sure you clean all equipment and parts carefully each time.



If you have COVID-19 or symptoms, clean your chest prior to breastfeeding, pumping, and skin to skin with your baby with a small amount of soap and water.



Clean high touch surfaces, practice personal distancing and limit visitors.



Saskatchewan Health Authority

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