

TIPS FOR MOM & BABY During Covid

BREAST MILK SAFETY

DIRECT BREASTFEEDING

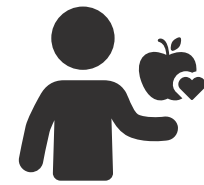
Wash your hands and
wear a mask while
nursing

PUMPING BREAST MILK

Wear a mask, wash hands
& clean all pump parts,
bottles & nipples before
& after use

Refer to CDC Guidelines

MOM & BABY SAFETY



Practice healthy habits
to reduce stress
Sleep | Eat Healthy | Exercise



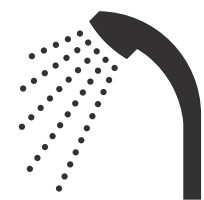
Wash your hands often
with soap & water for
at least 20 seconds



Use hand sanitizer
when soap & water
are not available



Avoid touching face,
nose, eyes or mouth
with unwashed hands



Clean visible dirty area
that baby may touch



Outside the home wear
mask and practice social
distancing

