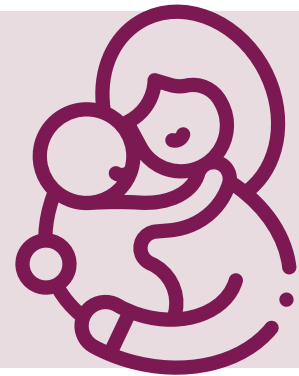


# Whāngai-ū (breastfeeding) during the COVID-19 pandemic

## 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.

For the latest information check the Ministry of Health website [www.health.govt.nz/COVID-19](http://www.health.govt.nz/COVID-19)



**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha