

Whāngai-ū (breastfeeding) for COVID-19 positive whaea (mothers)

Close contact and early, exclusive breastfeeding helps a baby to thrive. You should be supported to:

- Breastfeed
- Provide skin-to-skin contact
- Share a room with your baby
- Your wahine whakawhānau (midwife) will supply you with masks.

Breastfeeding your baby is the best protection for your baby.

There is no current evidence that COVID-19 is transferred in wai ū (breastmilk).

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Wash hands with soap for 20 seconds
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Dry hands thoroughly
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Put on a facemask
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Contact with baby/ breastfeeding
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Place baby's own sleep space eg wahakura (pēpi pod)
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Remove and dispose of facemask
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Wash hands with soap
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Dry hands thoroughly

If you are expressing breastmilk for your baby, your midwife or nurse will give you clear instructions about using and cleaning the equipment.

Please ask for assistance whenever you need it.

For the latest information check the Ministry of Health website www.health.govt.nz/COVID-19



Canterbury
District Health Board
Te Poari Hauora o Waitaha