Breastfeeding protects babies when they are sick and when others around them are sick

- Wash hands before and after holding or feeding your baby
- Wear a mask if you are sick
- Give your baby a healthy start; hold your baby skin-to-skin
- Breastfeed as much as possible and get the support you need
- Breastfeed often
- If expressing milk, wash your breast pump, parts, and feeding equipment carefully each time

More information:
www.bccdc.ca
www.healthlinkbc.ca