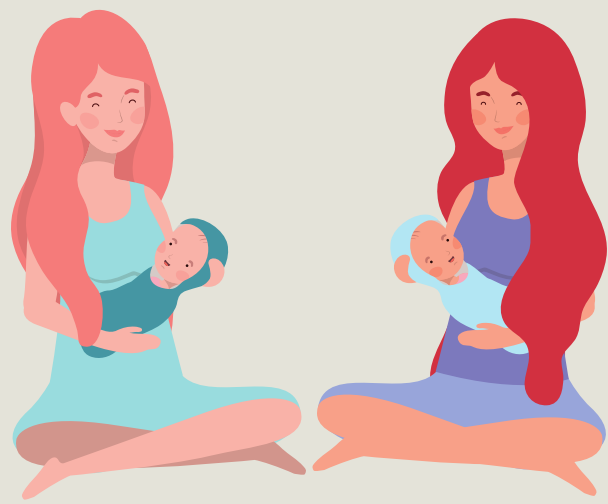


Prenatal & Postpartum Care, Breastfeeding & Pumping Support

Prenatal & Postpartum Care

- It is important to take care of yourself and your baby during pregnancy and after delivery
- Make sure to attend prenatal care and postpartum appointments even if you are concerned about going due to COVID-19
- Talk to your health care provider about potentially postponing or cancelling visits and switching to telemedicine visits
- These decisions will be based on the circumstances in your community as well as your individual care plan
- The COVID-19 pandemic has made postpartum mothers particularly vulnerable to postpartum depression because of social isolation



Coping With Stress & Anxiety During COVID-19

- Outbreaks can be stressful, fear and anxiety about COVID-19 may be overwhelming and cause strong emotions
- Take breaks from watching, reading, or listening to news stories, including social media
- Take care of your body by taking deep breaths, meditating, stretching, eating well-balanced meals, getting as much sleep as possible, exercising regularly, and avoiding alcohol
- Take care of your mental health, call your health care provider if stress gets in the way of daily activities for several days in a row
- Check in with your loved ones to help lessen feelings of being socially isolated
- Consider virtual communication, telephone, text messages, or mailing letters

Postpartum Depression

- Postpartum depression (PPD) is depression that can happen after having a baby and it is different from the "baby blues."
- Having a baby is challenging and every woman deserves support
- Symptoms of postpartum depression include crying more often, withdrawing from loved ones, feelings of anger and distant from baby, doubting your ability to care for baby, and thinking about harming yourself or baby
- If you think you may be experiencing depression, seek treatment from your health care provider as soon as possible
- PPD is common and most get better with treatment. Getting help is the best thing you can do for you and baby

Breastfeeding If You Have COVID-19

- Breast milk is the best source of nutrition for most infants and provides protection against many illnesses
- It is unknown if mothers with COVID-19 can spread the virus to babies through breast milk, however present data suggests it is unlikely
- If you choose to breastfeed and have COVID-19 wear a cloth face covering and wash your hands before each feeding
- If you are too unwell to breastfeed directly you should be supported to safely provide breast milk to baby in a way acceptable to you such as through expressing milk, relactation, or human donor milk

Handling a Newborn If You Have COVID-19

- Close contact and breastfeeding help baby to thrive
- You should be supported to breastfeed safely with good respiratory hygiene
- Hold your newborn skin-to-skin and share a room
- Remember to wash your hands before and after touching baby

Breast Pump Kit Cleaning

If you Have COVID-19 and Choose to Express Breast Milk

- Use a dedicated breast pump
- Wear a cloth face covering during expression and wash your hands before touching the pump or bottle parts and before expressing breast milk
- Follow recommendations for proper pump cleaning after each use
- If possible, have a healthy caregiver feed the expressed breast milk to the infant, preferably someone in the household



Before Every Use

- Pumping your milk is one way to provide breast milk to your baby
- Germs can grow quickly in breast milk or breast milk residue that remains on the pump parts
- Here are the guidelines on breast pump kit cleaning recommended by the CDC
- Wash your hands well with soap and water for 20 seconds
- Inspect and assemble clean pump kit
- If tubing is moldy discard and replace immediately
- Clean pump dials, the power switch, and counter tops with disinfectant wipes



After Every Use

- Store milk safely by sealing milk collection bag or capping milk collection bottle, label with the time and date, and place in refrigerator or freezer
- Clean pumping area including the dials, the power switch, and counter top
- Take apart breast pump tubing and separate all parts that come in contact with the breast and breast milk
- Rinse pump parts that come into contact with breast and breast milk by holding under running water to remove remaining milk
- Do not place parts in the sink to rinse
- Clean pump parts that come into contact with breast/breast milk as soon as possible after pumping
- Pump parts can be cleaned in the dishwasher or by hand in a wash basin where they are scrubbed, rinsed, and air-dried thoroughly
- Use a bottle brush for thorough cleaning power

After Cleaning



- For extra germ removal, sanitize pump parts, wash basin, and bottle brush at least once daily after they have been cleaned
- Items can be sanitized using steam, boiling water, or a dishwasher
- Sanitizing is especially important if your baby is less than 3 months old, was born prematurely, or has a weakened immune system due to illness or medical treatment