

GUIDELINES FOR EXPRESSING AND BREASTFEEDING YOUR BABY DURING COVID-19

There is a wealth of evidence that breastmilk and breastfeeding reduces the risk of babies developing infectious diseases.

Mothers are encouraged to breastfeed directly and express milk for their babies whenever possible and maximise the amount of breastmilk they are able to provide.

At present, there is no evidence that Covid-19 is transmitted through breastmilk. Infection can however be spread to the baby in the same way as to anyone else.

Everyone should:

- Wash their hands before touching the baby, breast pump or bottles. We ask that you wear aprons, gloves and a mask when visiting your baby.
- Stay at home if they are symptomatic. Self-isolate for 14 days.
- Wipe the breast pump with antibacterial wipes before and after they use it.
- Clean all pumping and feeding equipment thoroughly with warm soapy water and dry with clean paper towel. Store pump kits in a sealed box with a lid.
- Clean bottles for formula with warm soapy water, rinse and then sterilise between feeds.
- Express, label and store breastmilk in the fridge provided. Transport milk in a plastic bag inside the cool bag.

Please watch the guidance videos on expressing milk for your baby:

<http://www.asph.nhs.uk/infant-feeding>

It is important to:

- Start expressing both by hand and using a breast pump within 2 hours of birth.
- Continue to express 8-10 times in 24 hours including once overnight.

EXPRESSING/FEEDING SUPPORT

Please email our Infant Feeding Lead, Liz Jennis with any questions or queries on e.jennis@nhs.net

Contact Liz if:

- you have not expressed any colostrum by day 3
- Your milk is not increasing in volume by day 5
- Your 24 hour milk volumes are less than 500ml by day 14
- Your milk volumes drop to below 500ml once expressing is established
- You have any breast/ nipple pain, redness or trauma