

BREASTFEEDING & COVID-19 IN HAWAII

Information and Resources for Parents and Families



1

BREASTFEEDING PROTECTS

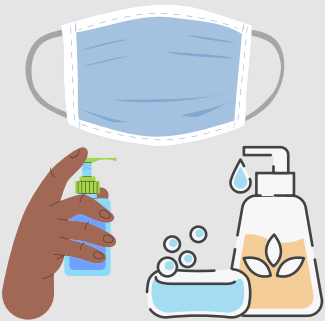
Breastfeeding helps protect your infant from many illnesses. The safest, ideal nutrition for an infant is human milk, and breastfeeding has many health benefits. COVID-19 transmission through breastmilk appears unlikely, based on limited data available.



2

CONTINUE BREASTFEEDING

Parents with suspected/confirmed COVID-19 should continue recommended feeding with necessary hygiene precautions: initiate breastfeeding within 1 hour after birth, exclusive breastfeeding for 6 months, first solid food at 6 months, and continue breastfeeding for 2+ years. If mother is too unwell and donor milk is unavailable, provide a safe infant formula.



3

SAFE FEEDING PRACTICES

All breastfeeding parents should wash hands before handling infant. Clean pump parts and bottles after each use, and clean all touched surfaces.

Parents with suspected/confirmed COVID-19 should wear a face mask while breastfeeding. Refer to manufacturer instructions to disinfect pump parts and bottles after each use. If mother is too unwell to breastfeed, bottle* feeding can be done, preferably by someone with no signs of illness wearing a face mask.



4

NUTRITION

Consuming healthy foods is important for breastfeeding mothers and young children. Although it can be difficult, especially during a pandemic, do your best to eat lots of fruits and veggies, whole grains, and protein. Food sources can be fresh, dried, tinned, or frozen. Try to avoid sugary drinks and foods high in fat, sugar, and salt.



5

AVOID UNNEEDED FORMULA

When breastmilk is unavailable, infants may receive infant formula in addition to/instead of breastmilk. Do not feed your infant (<1 year) cow's milk or milk substitutes not made for infants, as they can be dangerous. Ask your healthcare provider for safe formula and feeding recommendations.

*If a sanitized bottle is not available, a clean cup or spoon may be used.

ADDITIONAL RESOURCES

for Mothers & Families

1 BREASTFEEDING

Click the links below!

- **Virtual perinatal support and community resources:** Healthy Mothers Healthy Babies Coalition of Hawai'i provides state perinatal resources, including telehealth/virtual support for mental health, lactation, smoking cessation, doula, safe sleep, new parent support, and childbirth education. Visit <https://hmhb-hawaii.org/>, email info@hmhb-hawaii.org, or call 808-737-5805.
- **Find lactation support on your island:** Breastfeeding Hawai'i maintains a list of resources around the state. <https://bfhawaii.org/index.php/lactation-support/>
- **Free two-way breastfeeding text support:** Nest Breastfeeding Peer Counselors and Lactation Consultants provide ongoing feeding and parenting support. Visit <https://nestfamilies.org/> or call/text 808-212-9324.
- **Free virtual parenting groups:** Family Hui Hawai'i supports parents through virtual groups and other resources. Visit <https://familyhuihawaii.org/>, email jade@familyhuihawaii.org, or call 808-230-7112.
- **National Women's Health and Breastfeeding Helpline:** Trained specialists can answer questions about women's health and provide breastfeeding support. Call 1-800-994-9662 (M-F, 3:00 AM - 12:00 PM HST), <https://www.womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline>.
- **Breastfeeding support and advocacy for military families:** MOM2MOM Breastfeeding In Combat Boots supports military families, and they have a local chapter. <https://www.mom2momglobal.org/>
- **When breastmilk is unavailable:** Get info on safe infant formula prep and storage. <https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/infant-formula-preparation-and-storage.html>

2 FOOD SECURITY

- **Māna 'ai Food Distribution Program (O'ahu):** Delivers food and baby essentials to mothers in need (in 3rd trimester of pregnancy or with an infant 0-6 months old). Visit <http://www.hmhb-hawaii.org/mana-ai-food-distribution-program/>, email info@hmhb-hawaii.org, or call 808-737-5805.
- **Food Assistance (SNAP) and Financial Assistance:** Get information and apply online. <https://humanservices.hawaii.gov/bessd/1961-2/>
- **WIC (Women, Infants and Children):** <https://health.hawaii.gov/wic/>
- **Hawai'i Food Bank, including more than 200 food partner agencies (O'ahu & Kaua'i):** <https://hawaiifoodbank.org/help/>
- **The Pantry (O'ahu):** <https://thepantry.org/>
- **Maui Food Bank (Maui, Moloka'i, Lana'i):** <https://mauifoodbank.org/>
- **Activate Hawai'i Aid (Hawai'i Island):** <https://www.activatehawaiiid.org/>
- **Hawai'i Food Basket (Hawai'i Island):** <https://www.hawaiifoodbasket.org/>
- **Hawai'i Children Action Network, COVID-19 Resources Database (Statewide):** Find information about food, child care, health, and other resources with an interactive map. <https://covid19.hawaii-can.org/>

