

After you have returned home with your baby (postnatal care)

How will I be seen by the midwives once I go home?

- **First day after arriving home** - phone call.
- **Feeding visit**- phone call. If there are any concerns arrangements will be made for you and baby to be seen in clinic.
- **Day 5-7 visit**- Face to face clinic meeting. If you are self-isolating the visit will be delayed but daily to every other day phone calls will be made to ensure wellbeing of mother and baby.
- **Extra contacts**- Any additional contacts that may be required such as re-weighing will be undertaken in a clinic.
- **Discharge appointment** - phone call assessment to be completed following health visitor visit.

Further infant feeding support will be available either by telephone, video call or prearranged face to face clinic can be arranged

Can I continue breastfeeding while I have symptoms of COVID-19

There is currently no clinical evidence to suggest that the virus can be transmitted through breastmilk. Infection can be spread to the baby in the same way as to anyone in close contact with you. The benefits of breastfeeding outweigh any potential risks of transmission of the virus through breastmilk or by being in close contact with your baby. However, this will be an individual decision and can be discussed with your midwife, health visitor or GP by telephone. If you wish to breastfeed, take precautions to limit the potential spread of COVID-19 to the baby by:

- washing your hands before touching the baby, breast pump or bottles
- avoiding coughing or sneezing on the baby while feeding at the breast
- cleaning any breast pump as recommended by the manufacturer after each use
- considering asking someone who is well to feed your expressed breastmilk to the baby
- If you are feeding with formula or expressed milk, sterilise the equipment carefully before each use. You should not share bottles or a breast pump with someone else.