

The following list aims to provide resources that offer breastfeeding support during the COVID-19 response period.

Please contact individual agencies for specific questions regarding their services. Interpreter services may be provided for languages other than English.

## Breastfeeding Guidance from CDC

### Breastfeeding if you are sick and think you may have COVID-19

**Breast milk provides protection against many illnesses** and is the best source of nutrition for most infants.

- o Talk to your health care provider and decide whether and how to start or continue breastfeeding.

In limited studies, **COVID-19 has not been detected in breast milk**; however, we do not know for sure whether mothers with COVID-19 can spread the virus via breast milk.

If you are sick and choose to **direct breastfeed**:

- o Wear a face mask and wash your hands before each feeding.

If you are sick and choose to **express breast milk**:

- o Express breast milk to establish and maintain milk supply.
- o A dedicated breast pump should be provided.
- o Wash hands before touching any pump or bottle parts and before expressing breast milk.
- o Follow [recommendations for proper pump cleaning](#) after each use, clean all parts that come into contact with breast milk.
- o If possible, consider having someone who is well feed the expressed breast milk to the infant.

*"Breastfeeding takes motivation and determination and is best done exclusively. It is well worth your effort, gets easier with time and is a gift that lasts a lifetime for both you and your baby."*

Elaine Hart, MD, FACOG, OBGYN  
Loma Linda University Children's Health

## Madera County WIC

### MADERA

**Phone:** 559-675-7623  
**Hours:** 8:00AM - 5:00PM  
**Days:** M-F: Wed & Thurs 8-6PM

### OAKHURST

**Phone:** 559-658-7456  
**Hours:** 9:00AM - 4:00PM  
**Days:** M-F

### CHOWCHILLA

**Phone:** 559-201-5023  
**Hours:** 8:00AM - 5:00PM  
**Days:** M-F



**Services:** ALL WIC & breastfeeding support are available only by phone. For a breast pump, participants must enroll by phone prior to pick up.

**Eligibility:** For WIC Participants only

## Local Health Center

**Contact:** Cristina Rendon  
**Phone 1:** 559-664-4123 **Phone 2:** 559-664-4000



**Languages:** English, Spanish, others

**Services:** Breastfeeding education & support, breast pump education & ordering assistance. **ALL services are available by phone. In person visits ONLY if needed and screened safe to be seen in person.**

**Eligibility:** For patients enrolled in the Comprehensive Perinatal Services Program (CPSP), or receiving Obstetrics/Pediatric services  
**This is a COVID-19 testing facility for those meeting criteria. Available Mon-Fri: 9-12 am and 1-4 pm. Please call ahead.**

## ONLINE RESOURCES

<b>Academy of Breastfeeding Medicine:</b>	<a href="https://www.bfmed.org/covid-19-resources">https://www.bfmed.org/covid-19-resources</a>
<b>Center for Disease Control and Prevention:</b>	<a href="https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html">https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html</a>
<b>Storage of Breast Milk:</b>	<a href="https://www.cdc.gov/breastfeeding/pdf/preparation-of-breast-milk_H.pdf">https://www.cdc.gov/breastfeeding/pdf/preparation-of-breast-milk_H.pdf</a>
<b>World Health Organization:</b>	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019">https://www.who.int/emergencies/diseases/novel-coronavirus-2019</a>
<b>COVID-19 Pregnancy Questions:</b>	<a href="https://www.youtube.com/watch?v=T_O2yL8dSYU">https://www.youtube.com/watch?v=T_O2yL8dSYU</a>
<b>Safe to Sleep Information:</b>	<a href="https://safetosleep.nichd.nih.gov/">https://safetosleep.nichd.nih.gov/</a>
<b>La Leche League International:</b>	<a href="https://www.llli.org/coronavirus-resources/">https://www.llli.org/coronavirus-resources/</a>
<b>The American College of Obstetricians &amp; Gyn:</b>	<a href="https://www.acog.org/en/Patient%20Resources/FAQs/Pregnancy/Coronavirus%20Pregnancy%20and%20Breastfeeding">https://www.acog.org/en/Patient%20Resources/FAQs/Pregnancy/Coronavirus%20Pregnancy%20and%20Breastfeeding</a>

### Kelly Mom Parenting & Breastfeeding

<http://www.kellimom.com>

### Childbirth Resources

<http://www.childbirthconnection.org>

### Breastfeeding Videos

<https://globalhealthmedia.org>  
<https://firstdroplets.com>

### Working & Breastfeeding

<https://www.workandpump.org>  
<https://www.womenshealth.gov/breastfeeding/>

### Medications & Breastfeeding

<https://www.infantrisk.com>  
<https://mothertobaby.org/>

### Apps:



LatchMe  
Breastfeed Easier



LactMed  
Medications & Breastfeeding



Breastfeeding Solutions  
Nancy Mohrbacher



California WIC App  
Food balance, Appts & more