

# KVH is Breastfeeding Friendly

We understand the value of breastfeeding support to the families we serve and its impact on our community's public health. In an effort to remove barriers that prevent mothers from seeking help, **breastfeeding support is free of charge at KVH.**



**Family Birth Place**  
Lactation Program  
509-962-7388

## Did you know Washington State supports breastfeeding mothers?

**In the workplace** breastfeeding mothers have the right to pump breastmilk. Your employer must provide you with reasonable break time and a private place for milk expression (RCW 43.70.640). The Kittitas County Public Health Department will work with your employer to accommodate your needs as a breastfeeding mother in the workplace. If you need assistance contact the KCPHD at 509-962-7515.

**In the community** breastfeeding mothers are protected under anti-discrimination laws. Breastfeeding in public is not considered indecent exposure (RCW 9A.88.010). No one can tell you to stop breastfeeding, cover up while nursing, or ask you to leave (RCW 49.60.030 and 49.60.215). If you are allowed to be there, you can breastfeed your baby.

### Learn More

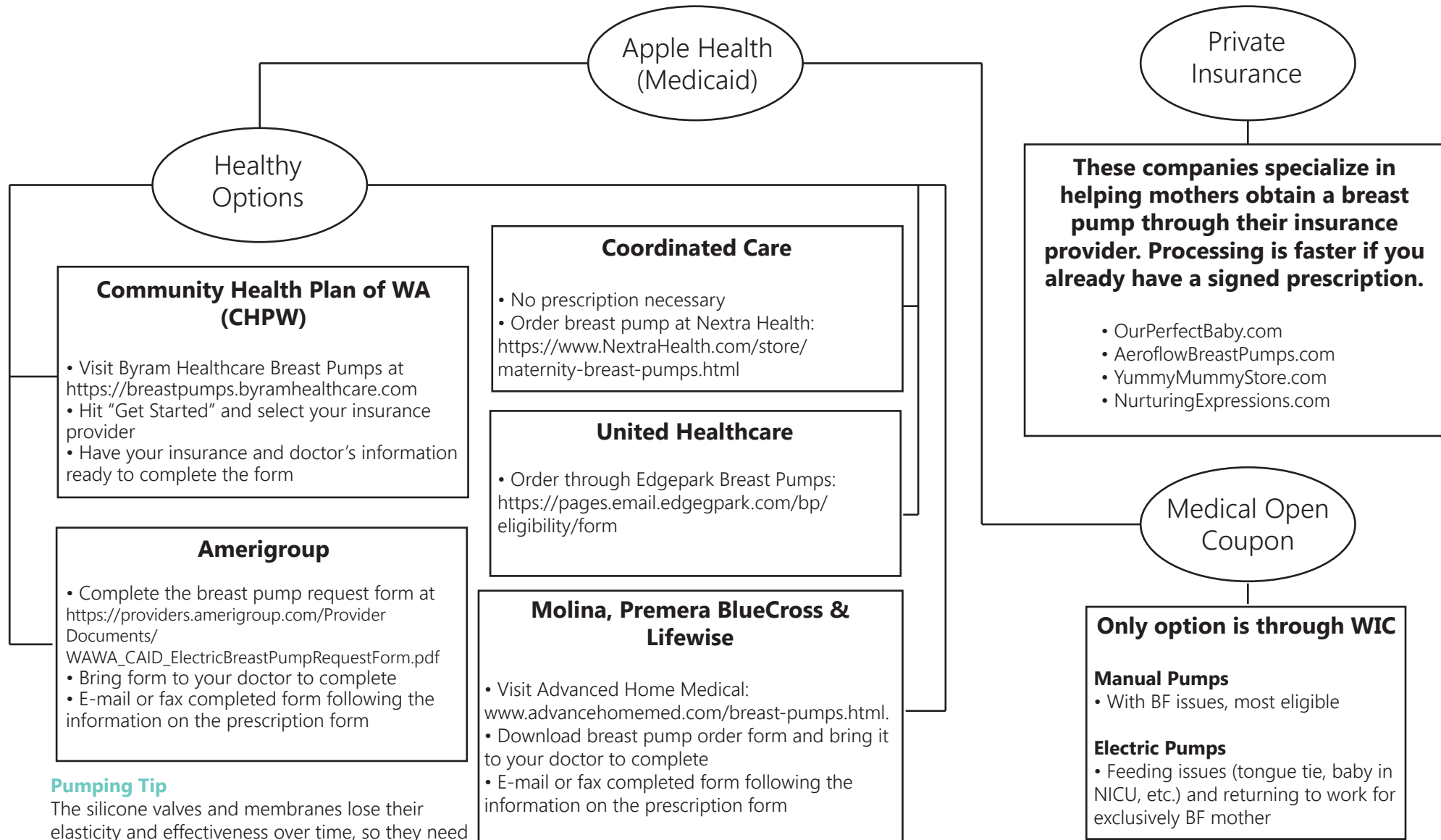
US DOL: Break Time for Nursing Mothers. <https://www.dol.gov/whd/nursingmothers/>

ACA Breastfeeding Benefits: <https://www.healthcare.gov/coverage/breast-feeding-benefits/>

*\*See other side for tips on how to access a breast pump through your insurance*

# Breast Pump Access Tipsheet

Under the Affordable Care Act, health insurance plans *must* cover the cost of a breast pump. It may be a manual or electric, a rental or one to keep, and might be able to be received before or after baby's birth.



## Pumping Tip

The silicone valves and membranes lose their elasticity and effectiveness over time, so they need to be replaced every 2-3 months if being used regularly (1-3 times/day).