

Item Number: PSK02

Item Size: 4" X 10.25"

Imprint Area: imprint area varies around knob cut out - see guides

BLEED AREA

Art intended to print to the edge must extend 3/32" outside die cut line.

DIE CUT

Actual item size

IMPRINT AREA

Art not intended to print to the edge must remain 3/32" inside die cut line.

**PRIVACY
PLEASE**



**Nursing or pumping
in progress**

National Breastfeeding Helpline
1-800-994-9662
(English and Spanish)



Washington State Department of
Health

DOH 140-095 November 2021
To request this document in another format, call
1-800-525-0127. Deaf or hard of hearing customers, please
call 711 (Washington Relay) or email
civil.rights@doh.wa.gov.

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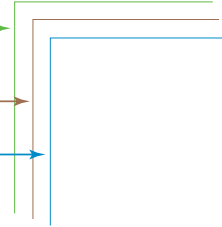
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Washington Supports Breastfeeding and Chestfeeding.

Your rights to pump and express milk are legally protected.

Revised Code of Washington 43.10.005 and Federal Fair Labor Standards Act Section 7 require that employers provide:

- A flexible schedule to pump, attend medical appointments, and have reasonable accommodations
- A convenient location to express milk, that's not a bathroom, and a space to safely store it

When you breast or chestfeed, you're investing in you and your baby's future. Your milk gives your baby a healthy start that will last a lifetime and provides you with a wealth of health benefits.

Go to doh.wa.gov/pumpbreak to learn more about:

- Resources for employers and employees
- Paid Family & Medical Leave and equipment covered by the Affordable Care Act

