



Red Flags for WIC Clerks

As an important part of the WIC team, clerks often spot the need for infant feeding support. If a participant mentions any of the following symptoms, contact the lactation specialist right away or refer them to their doctor.

Flu like symptoms: high fever and body aches.

Participant feels like they have been “*hit by a truck*”.

Everything has been fine, and now the participant has sore, tender, or cracked nipples.

Searing, stabbing pains in the mammary tissue radiating toward the shoulder blades.

Severe and chronic nipple pain during and between feeds.

Mammary tissue is hot and tender to touch.

Localized tenderness with inflammation. Redness and swelling on the breast/ chest.

If participant mentions taking medications, make sure they have checked with a physician and/or refer to the lactation specialist or designated breastfeeding expert (DBE).

Baby has not urinated for one entire day.

Newborn baby sleeps for 4-5 hours at a time.

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