

# breast & chest feeding it's worth it!

## What Are Your Rights?

State and federal lactation laws promote positive health outcomes by protecting breast and chest feeding families. These laws work to remove barriers, making it easier for more families to breastfeed longer and meet their feeding goals without having to use formula.

### Breastfeed In Public

Connecticut laws protect your right to breast or chest feed in any public place. For more information on what is protected and how to file a complaint, use this QR code to visit the CT Commission on Human Rights and Opportunities (CHRO).



### Pump Or Breastfeed At Work

Both state and federal laws protect your right to pump your milk while you are at work. For more information on federal and state protections, scan the QR code below.



### You Have Rights If You Are Called For Jury Duty

In Connecticut, persons serving for jury duty have options for accommodations. Call 800-842-8175 8 a.m. to 8 p.m., Monday through Friday, or scan the QR CODE and scroll down to Requesting an Accommodation.



### You cannot lose your job for pumping or breastfeeding at work

It is against the law to discriminate, discipline, or take any action against you for exercising your rights under the workplace laws.

### You can contact the CT Department of Labor, the US Department of Labor, or CT CHRO:

- Connecticut Department of Labor: 860-263-6791.
- US Department of Labor, Wage and Hour Division, help line: 866-487-9243  
If you are deaf, hard of hearing, or have a speech disability, please dial 7-1-1 to access telecommunications relay services.
- CT CHRO: 860-541-3400; TDD: 860-541-3400; CT Toll-Free: 800-477-5737.
- Work Life Law free legal help line: 415-703-8276.



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