

Breastfeeding during Covid-19

Breastfeeding is best feeding!

Breast milk provides all the nutrients that your baby needs.

Breast milk also strengthens your baby's immune system, protecting her/him against infectious diseases.



Breastfeeding precautions

If you have COVID-19 or suspect you may have the virus, you can still breastfeed your baby. But follow these precautions to prevent transmission:

- ***Wear a mask during feeding*** and when near your baby.
- ***Wash your hands*** before and after each feeding, and any time before touching your baby.
- ***Clean and disinfect*** contaminated surfaces.



Breastmilk is safe

Several small studies* tested the breast milk of mothers infected with COVID-19 and found no virus in their breast milk.



Expressing Milk

If you are unsure or too ill to breastfeed your baby, you can express your milk:

- Make sure to express breast milk with a ***dedicated breast pump***.
- ***Wash your hands*** before touching any pump or bottle parts and before expressing your breast milk.
- Follow recommendations for proper pump cleaning after each use, cleaning all parts that come into contact with breast milk.



You can also ask someone who is well to feed the baby your milk.

*This is an unprecedented and difficult time for everyone. Breastfeeding during COVID-19 may be stressful. Remember that you are doing your best and **be compassionate with yourself**. If you are feeling anxious or overwhelmed, contact your health care provider for support.*