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.

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