

Coronavirus & Breastfeeding

Similar to recommendations for the flu, **the CDC recommends that those with coronavirus continue breastfeeding or feeding expressed breastmilk to their child while taking precautions to avoid spreading the virus to them.** Given low rates of transmission of respiratory viruses through breastmilk, the World Health Organization states that those with COVID-19 can breastfeed. Here are some things to keep in mind.

Wash your hands

It is recommended that you wash your hands before nursing. Using an alcohol-based hand sanitizer that contains 60% to 95% alcohol is also acceptable.

Keep nursing often

Your baby benefits from your milk whether you are infected or not.

Wear a mask

If you are sick, wear a mask while nursing or caring for your baby.

If hospitalized

If hospitalized, it is your decision whether to room-in and nurse at the breast or to separate temporarily and provide pumped milk.

Information from Academy of Breastfeeding Medicine "Statement on Coronavirus 2019 (COVID-16)" and World Health Organization "Clinical management of severe acute respiratory infection when novel coronavirus (nCoV) infection is suspected"



Find breastfeeding help and support at llusa.org