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.

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.

Keep nursing often

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

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 lllusa.org