

# BREASTFEEDING DURING THE CORONAVIRUS (COVID-19) PANDEMIC

Breastfeeding is the healthiest way to feed your baby. Although we don't know for sure, leading expert groups believe that it is acceptably safe to breastfeed during the COVID-19 pandemic, as long as you take appropriate precautions. Whether you are healthy or have symptoms of, or confirmed, COVID-19 follow the tips below.



Follow your doctor's and/or health care provider's advice about whether to start or continue breastfeeding.



Wash your hands with soap and water for 20 seconds before touching your baby, breast pump kit or bottles.

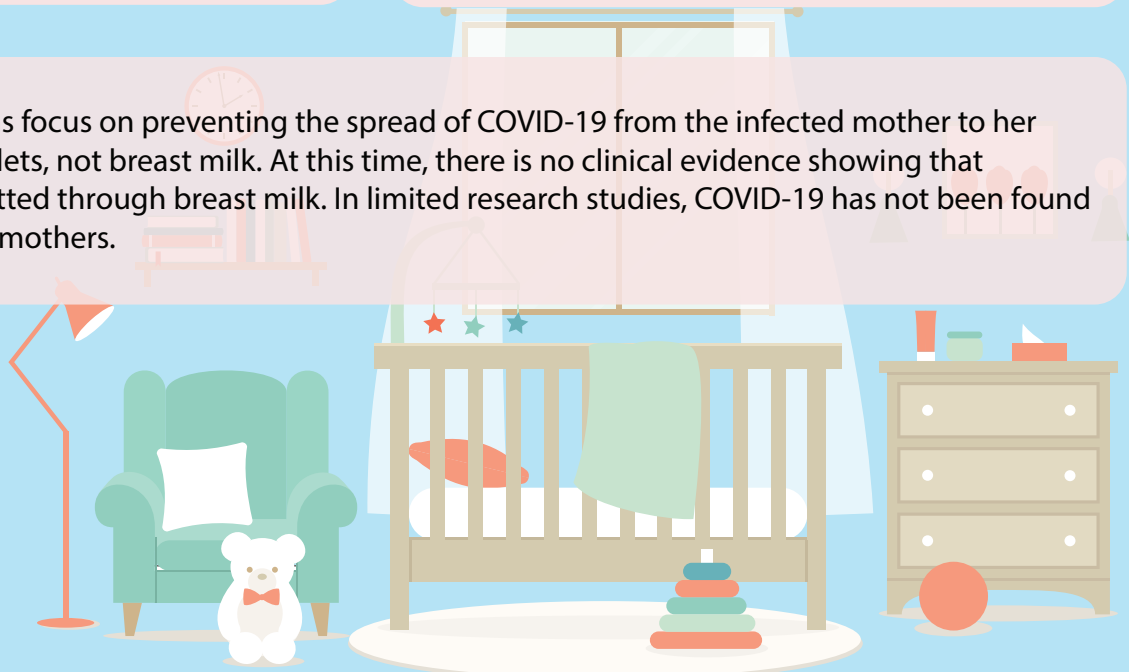


If you are pumping, clean\* your breast pump and bottle parts thoroughly after each use.



If you have COVID-19, wear a face mask while breastfeeding or pumping. If bottle-feeding expressed milk, consider having a healthy individual feed your baby.

Current recommendations focus on preventing the spread of COVID-19 from the infected mother to her baby via respiratory droplets, not breast milk. At this time, there is no clinical evidence showing that COVID-19 can be transmitted through breast milk. In limited research studies, COVID-19 has not been found in breast milk of infected mothers.



For the most up-to-date COVID-19 information and recommendations, visit the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

\*View detailed instructions for cleaning your breast pump here: <https://www.cdc.gov/healthywater/hygiene/healthychild-care/infantfeeding/breastpump.html>