

COVID-19 AND BREASTFEEDING



We know that taking care of your baby is always a top priority and you want to keep your baby safe. We also know this can be stressful and confusing right now. We're here to help.

Many parents have concerns about the safety of breastfeeding. Although much is still unknown about COVID-19, research is slowly coming in. We've put together this guidance based on the latest science.

Facts about COVID-19 and Breastfeeding

The Centers for Disease Control and Prevention and [World Health Organization](#) recommend you continue to breastfeed your baby. Learn more [here](#).

The virus has not been found in samples of breast milk from infected parents and no evidence suggests it can be transmitted through breastfeeding.

The virus can be [transmitted through coughing, sneezing, and even breathing](#). Even small droplets can spread the virus from person to person.

Having difficulties breastfeeding or have questions?

Lactation care providers can help.

- Contact a local lactation specialist. Find one [here](#).
- Schedule a phone consultation.
- Look for providers who offer virtual visits.
- For in-home visits, alert them if you or your family has been sick.



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Steps for Safe Breastfeeding

If you have tested positive for COVID-19 or are awaiting test results, follow these steps.



Wash your hands with soap and water before you touch your baby.



Wear a mask during feedings.



Wash your hands before touching breast pumps or any parts.



After pumping, clean the pump and its parts thoroughly. Learn more [here](#).



Routinely clean and disinfect any surface you touch.



Remember, breast milk provides the best source of nutrition for your baby and their immune system and breastfeeding is great for your own physical and mental health. When you take care of yourself, you're taking care of your baby. Be safe and keep up the good work.

COVID-19 AND PREGNANCY



We know that having a healthy pregnancy is your top priority. We also know this can be stressful and confusing right now. We're here to help.

Many of you have concerns about the safety of your pregnancy. Although much is still unknown about COVID-19, research is slowly coming in. We've put together this guidance based on the latest science.

Facts about COVID-19 and Pregnancy

No evidence has shown that pregnant people are at greater risk of severe illness than other healthy adults if they do get the virus.

No evidence has shown that pregnant people transmit the virus to their baby.

The virus has not been found in samples of breast milk, cord blood, placenta, or in amniotic fluid of infected pregnant people.

The baby is unlikely to be exposed to the virus during pregnancy.

The virus is unlikely to cause problems with the baby's development and no problems have been found so far.

Nevertheless, if you are pregnant, public health officials recommended you take certain safety precautions.

Safety Precautions for Pregnant People



Wash your hands frequently.



Stay away from public places.



Reduce social contact with others through social distancing.



Avoid anyone who has symptoms of the virus.



Routinely clean any surfaces after each use.



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Information as of 3/26/2020



Remember, when you take care of yourself, you're taking care of your baby. Be safe and keep up the good work.