

Breastfeeding during COVID-19

What you need to know

Breastfeeding protects your babies and children from getting sick and supports their healthy growth and development. It is particularly effective against infectious diseases because it strengthens their immune system by transferring antibodies from you.



You can still breastfeed, express milk or use other approaches if you are sick with COVID-19 or think you might have it.

Follow basic protective measures such as using a medical mask, washing your hands with soap or using sanitizer, cleaning and disinfecting surfaces.



Express milk to safely provide breastmilk to your baby if you are sick with COVID-19 or too unwell to continue direct breastfeeding.

Use other approaches if you are too unwell to breastfeed or express breastmilk such as relactation, wet nursing or donor human milk.



Reach out for help if you, your infants or young children have suspected or confirmed COVID-19 and feel overwhelmed, stressed or scared.



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#COVID19
#CORONAVIRUS
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