

Breastfeeding should continue and be supported during COVID-19

If you are exposed to a viral infection your body naturally makes antibodies to fight it off. These are then transferred to your baby through your breastmilk, helping to protect your child from the illness you have been exposed.

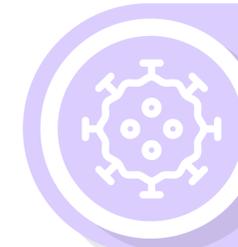
According to the World Health Organization, "Breastfeeding counselling, basic psychosocial support and practical feeding support should be provided to all pregnant women and mothers with infants and young children, whether they or their infants and young children have suspected or confirmed COVID-19."

Breastfeeding or chestfeeding people at home with mild symptoms of a suspected COVID-19 infection are currently advised by WHO to wear a mask and perform hand hygiene before and after having close contact with the baby.



"Considering the benefits of breastfeeding and the insignificant role of breastmilk in the transmission of other respiratory viruses, the mother can continue breastfeeding, while applying all the necessary precautions."

-UNICEF



Continue
to nurse your baby through COVID-19 and other respiratory infections.



Keep
breastfeeding even if you are sick.



Wash
your hands before and after breastfeeding.



Breastfeeding
protects baby when either they or you are sick.



If sick
wear a mask near baby.



Breastmilk
provides protection against many illnesses.



HHSA
Public Health

Source: <https://bit.ly/3a2HeRm>