

Nursing while COVID-19 Positive

You can and are encouraged to still nurse your baby, even if you are COVID-19 positive.

As of right now, there is no data to show COVID can be passed through placenta or breast/chest milk.

- Human milk is strongly recommended for babies. It has antibodies that keep a baby healthy, growing, keep them from getting sick and protects them from:
 - Diarrhea and stomach upset
 - Labored breathing
 - Infections
 - Sudden infant death syndrome (SIDS)
- Nursing increases bonding between parent and baby, helps recovery postpartum, decreases postpartum mood disorders, and releases oxytocin which promotes bonding and milk production.

Here are some safety preventative precautions to keep your baby safe while nursing or formula feeding your baby and pumping.



WASH HANDS

Wash your hands before and after touching the baby and your breast/chest.



SANITIZE

Routinely disinfect surfaces.



WEAR A MASK

Wear a mask during feedings (an important precaution if COVID-19 positive).



DISINFECT

Clean and disinfect all items used each time: bottles, formula scoops, bottle nipples.



When pumping

(WEAR A MASK IF COVID-19 POSITIVE THROUGHOUT PUMPING):

- 1 Wash your hands
- 2 Clean your pump and pump parts before each use
- 3 Wash your hands again before starting to pump
- 4 Pump and store your milk as you usually would
- 5 Clean pump and pump parts
- 6 Wash your hands

Get Support around Nursing.

This increases chances of successfully nursing your baby – even without a positive diagnosis.

Visit our website for virtual lactation resources.

TheMaternalCoalition.org