

# BREASTFEEDING AND COVID-19

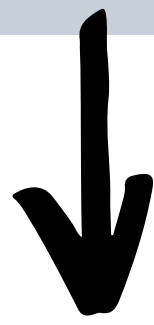
## A guide for mothers



### DO YOU HAVE SYMPTOMS?

Fever or one or more of the following: Cough, difficulty breathing or shortness of breath or gastrointestinal symptoms.

Yes



No



Keep on breastfeeding, protect yourself!



1

### CONTACT YOUR HEALTH PROVIDER

Seek medical care by calling them first.

- Wash your hands with soap frequently, for at least 20 seconds.
- Avoid touching your or baby's face.
- Cover your mouth and nose with a tissue or elbow when coughing and sneezing.
- Don't allow anyone who is ill to visit you and your baby.
- Avoid crowds, consider self-isolation.
- Get information from trusted sources only.

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### CONTINUE BREASTFEEDING - DON'T SEPARATE FROM BABY, EVEN IF YOU HAVE BEEN TESTED POSITIVE

**COVID-19 is not transmitted to your baby via breast milk.** Ask help from a healthy adult to care for the baby's other needs. Wash hands with soap before and after feeding, wear a mask while breastfeeding, stay isolated together and avoid other people. Don't kiss your baby.

3

### IF EXPRESSING MILK... (IF YOU ARE TOO ILL OR SEPARATED FROM YOUR BABY)

Expressing milk can keep up your milk production if you are unable to breastfeed. Use only clean equipment. Never share equipment with other mothers. After use, rinse all equipment in clean, cold, running water and sterilise after each use. Wash the pump with warm water and soap (follow pump manufacturer's directions).

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### CONTINUE SAFE SKIN-TO-SKIN CONTACT AND ROOMING-IN

This helps to keep a bond with your baby and to keep up milk production. Your baby will enjoy eye contact, chats and smiles even when you wear a mask.

Please note:

Information about COVID-19 transmission is emerging daily. These guidelines are based on latest evidence during publication time.

EVIDENCE SUMMARY BY:

Lubbe W, Botha E, Niela-Vilen H & Reimers P.  
Breastfeeding during the COVID-19 pandemic - a literature review for clinical practice. 2020.  
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