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# COVID-19 (Coronavirus) and Breastfeeding Mothers



*What you can do to protect yourself and your child*



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## TRANSMISSION THROUGH BREASTMILK?

Person-to-Person spread occurs mostly through respiratory droplets. Although much is still unknown, limited studies have shown that the virus is not detected in breastmilk.

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## Breast milk is the best source of nutrition for infants

COVID-19 (Coronavirus) is a new virus and much is still unknown, talk to your healthcare provider if you are sick with COVID-19 or think you might be sick. It is very important that you wash your hands (for 20 seconds), cover your cough or sneeze with the inside of your elbow (vampire cough), avoid contact with sick people and staying home if you are sick.

If you are sick with COVID-19, contact your child's healthcare provider. Avoid spreading the virus to your infant by:

- Washing your hands (for at least 20 seconds) before touching your infant, before breastfeeding and before using a breast pump
- Wearing a face mask when handling and feeding the infant if possible.
- Washing hands for at least 20 seconds after every diaper change.