

Breastfeeding and COVID-19



For COVID-19 Probable or Positive Patients

The Public Health Agency of Canada, the World Health Organization, and the Canadian Pediatric Society are telling mothers to continue to breastfeed, if they are well enough, while they are infected with COVID-19.

So far research has shown that the coronavirus is not passed through breast milk. Breast milk has other benefits like antibodies that may be helpful to the baby.

The main concern is that the virus is passed to your baby through respiratory droplets. To lower the risk, take these steps before breastfeeding:

Wear a mask
Surgical masks are preferred but cloth works too



Wash your hands
with soap and water for 20 seconds before holding your baby



Clean the breast and chest area
thoroughly with soap and water before each feeding



If you choose to pump and feed your baby expressed breast milk, make sure you are still washing your hands and cleaning all pump equipment, bottles and nipples thoroughly.

For more information contact your primary health care provider.

