

WIC Breastfeeding Curriculum

Contraindications to Breastfeeding (Level 3)

Centers for Disease Control and Prevention:

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/index.html>

Condition	Ok?	Comments
COVID-19 (SARS-CoV-2 Virus)	Yes	<ul style="list-style-type: none"> ▪ CDC reports that there is no current evidence that SARS-CoV-2 virus is transmitted through breastmilk. ▪ Infected mothers produce important antibodies to COVID-19. ▪ Infected mothers/caregivers should wash their hands (or use hand sanitizer) before touching the baby or expressing milk. They should wear a mask when <6' away from the baby or during feeding times. ▪ COVID-19 vaccine is considered safe to take while breastfeeding and can provide antibodies to the SARS-CoV-2 virus. <p>See: https://www.cdc.gov/coronavirus/2019-ncov/hcp/care-for-breastfeeding-women.html</p>
Ebola Virus	No	<ul style="list-style-type: none"> ▪ Mothers with confirmed or suspected Ebola Virus (EVD) should not breastfeed their infants as the virus is spread through direct contact with blood and bodily fluids, including urine, saliva, sweat, feces, vomit, breast milk, and semen. ▪ Ebola virus has been detected in samples of breast milk, but no data currently exists about when in the course of the disease the virus appears in human milk or when it is cleared. Therefore, women with confirmed EVD and women who recently recovered from EVD should not breastfeed. <p>See: https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/ebola.html</p>
Environmental Toxins	Yes	<ul style="list-style-type: none"> ▪ The benefits of breastfeeding outweigh the potential risks of exposure to chemical agents, unless mother is clinically ill from toxic exposure.
Hepatitis B or C	Yes	<ul style="list-style-type: none"> ▪ CDC reports breastfeeding is safe for the mother infected with hepatitis B (HBV) though infant should receive the B immune globulin and vaccine within 12 hours of birth; second dose at 1-2 months. ▪ No documented evidence that breastfeeding spreads hepatitis C (HCV) as it is transmitted by blood, not human milk. ▪ If the mother's nipples are cracked and bleeding, the mother infected with HCV should express and discard milk until nipples heal.
HIV	Maybe	<p>Updated information from CDC:</p> <ul style="list-style-type: none"> ▪ For mothers on antiretroviral therapy (ART) with a sustained undetectable HIV viral load during pregnancy, the risk of transmission through breastfeeding is less than 1%, but not zero. ▪ Providers should counsel pregnant people during pregnancy and after delivery about ways to reduce the risk of HIV transmission through breast milk, including emphasizing ART adherence during the postpartum period. <p>See: https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/hiv.html</p>

Influenza	Yes	<ul style="list-style-type: none"> ▪ Mothers exposed to influenza produce important antibodies to protect the baby and should continue to breastfeed. ▪ Vaccine is safe for pregnant and breastfeeding women. ▪ Infant should not receive the influenza vaccine until 6 months of age. ▪ Infected mother can take standard antiviral medications/treatments.
Lead Exposure	Yes	<ul style="list-style-type: none"> ▪ Minimal lead transfer into milk from plasma. ▪ Mothers with blood levels <40 ug/dL should be encouraged to breastfeed. ▪ Mothers with blood levels >40 ug/dL should breastfeed once their blood levels drop to below 40 ug/dL.
Lyme Disease	Yes	<ul style="list-style-type: none"> ▪ CDC reports there are no reports of Lyme disease being spread to infants through breastmilk. ▪ Breastfeeding parents diagnosed with Lyme disease should consult with their healthcare provider who can prescribe an antibiotic that is safe to use while breastfeeding.
Mpox (formerly known as "Monkeypox")	No	<ul style="list-style-type: none"> ▪ The CDC says that given the risk of neonatal transmission of mpox virus with close contact and potential for severe disease in newborns, direct contact between a patient in isolation for mpox and their newborn is not advised. Skin-to-skin contact and full-time rooming-in with the newborn are not recommendation during the patient's infectious period. ▪ Breastfeeding should be delayed until the criteria for discontinuing isolation have been met (i.e., all lesions have resolved, the scabs have fallen off, and a fresh layer of intact skin has formed). ▪ Symptomatic people who are breastfeeding may need support from a lactation provider to initiate and maintain their milk production and avoid a breast infection while mpox lesions are healing. ▪ Since it is unknown if mpox virus is present in human milk, expressed milk from a symptomatic patient should be discarded <p>See: https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/monkeypox.html</p>
Shingles	Maybe	<ul style="list-style-type: none"> ▪ A lactating parent who has active shingles infection might be able to continue breastfeeding if there are no skin lesions on the breast area. ▪ If a lesion develops on or near the areola where the infant's mouth would touch the lesion while nursing, the parent needs to express milk on that side to maintain milk production. The milk should then be discarded until the infant can resume nursing directly at that breast. ▪ Breastfeeding can continue on the unaffected breast. ▪ Lesions should be covered with clean, dry bandages until they are healed to avoid direct contact with the infant. Vigilant hand washing is also important. ▪ The varicella vaccine can be administered to nursing mothers. <p>See: https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/shingles.html</p>
Tuberculosis	No	<ul style="list-style-type: none"> ▪ Breastfeeding is contraindicated in the case of active, untreated tuberculosis.
West Nile Virus	Yes	<ul style="list-style-type: none"> ▪ There is no evidence that a mother infected with the West Nile Virus will harm her breastfeeding infant. The benefits of breastfeeding outweigh potential risks.

Zika virus	Yes	<ul style="list-style-type: none">▪ No known reports of transmission of Zika virus infection through breastfeeding. Although it has been detected in breastmilk, the benefits of breastfeeding outweigh potential risks.
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