

Breastfeeding while COVID-19 Positive



If you choose to breastfeed your infant, the CDC has provided the following information for breastfeeding while infected with COVID-19:

- Breast milk provides protection against many illnesses and is the best source of nutrition for most infants.
- Talk with your health care providers about the precautions to take while starting or continuing to breastfeed.
- We do not know for sure if mothers with COVID-19 can spread the virus to babies in their breast milk, but the limited data available suggest this is not likely.
- If you have COVID-19 and choose to breastfeed:
 - Wear a cloth face covering while breastfeeding and wash your hands with soap and water for at least 20 seconds before each feeding.

If you have COVID-19 and choose to express breast milk:

- Use a dedicated breast pump (not shared).
- Wear a cloth face covering during expression and wash your hands with soap and water for at least 20 seconds before touching any pump or bottle parts and before expressing breast milk.
- Follow recommendations for proper pump cleaning after each use, cleaning all parts that come into contact with breast milk.
- If possible, expressed breast milk should be fed to the infant by a healthy caregiver who does not have COVID-19, is not at high-risk for severe illness from COVID-19, and is living in the same home.

Parents and other caregivers should follow recommendations described in the [Discontinuation of Isolation for Persons with COVID-19](#) Not in Healthcare Settings.

For more information about breastfeeding and proper pump cleaning, visit www.cdc.gov/breastfeeding.

For more information about COVID-19 recommendations, visit www.cdc.gov/coronavirus.