

## **Can I breastfeed if I have COVID-19?**

You might be wondering if you can breastfeed if you have COVID-19.

At this time it does appear to be safe to breastfeed even if you have COVID-19. If you have COVID-19 or are waiting for testing results take extra care to avoid spreading it to your baby.

Wash your hands with soap and water for 20 seconds before touching the baby, and wear a face mask while breastfeeding.

If using a breast pump wash your hands before touching any pump or bottle parts, and follow recommendations for the proper pump cleaning after each use.

If possible, consider having someone who is healthy feed the pumped breast milk to the baby.

By taking these important safety precautions you can bond with your baby while keeping him or her healthy during this special time.