

If I test positive for COVID-19, can I breastfeed my baby?



Yes! Here is what you should know:

- Your provider will advise you on all your breastfeeding options.
- Wear a mask while breastfeeding.
- Wash hands frequently and thoroughly, including before and after breastfeeding.
- Keep all nearby surface areas clean.
- If you are pumping, make sure to sterilize all pumping parts that you touch after each use.

DID YOU KNOW?

Breast milk has mother's immune-protective antibodies and is good for:

- Mother-baby bonding
- Baby's nutrition
- Baby's development
- Baby's immune system

ABOUT

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SOURCES

CDC, IDPH, March of Dimes, ACOG

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