

# COVID-19 and Breastfeeding

We know that taking care of your baby is always a top priority and you want to keep your baby safe. We also know this can be stressful and confusing right now. We're here to help.

Many parents have concerns about the safety of breastfeeding. Although much is still unknown about COVID-19, research is slowly coming in. We've put together this guidance based on the latest science.

## Steps for safe breastfeeding



We recommend you wear a mask if experiencing cold/flu/COVID-19 symptoms.



Wash your hands with soap and water before you touch your baby, or before touching breast pumps or any parts.



After pumping, clean the pump and its parts thoroughly.



Routinely clean and disinfect any surface you touch.

Remember, breast milk provides the best source of nutrition for your baby and their immune system and breastfeeding is great for your own physical and mental health. When you take care of yourself, you're taking care of your baby. Be safe and keep up the good work.

## Facts about COVID-19 and breastfeeding

The Centers for Disease Control and Prevention and World Health Organization recommend you continue to breastfeed your baby.

CDC states it is still unknown whether mothers with COVID-19 can transmit the virus via breastmilk, but the limited data available suggests this is not likely.

The virus can be transmitted through coughing, sneezing, and even breathing. Even small droplets can spread the virus from person to person.



Call our lactation consultants if you have difficulties breastfeeding, you would like to schedule a consult or have questions:

Maple Grove Hospital (763) 581-2021  
North Memorial Health (763) 581-8340

