**COVID-19 & Breastfeeding** March 2020

**CDC Statement**

For women confirmed or under investigation of COVID-19:

* Transmission is thought to be from respiratory droplets not breastmilk
* If a mother is confirmed with COVID-19 she should:
  + Washing her hands before touching the infant
  + Wear a face mask when feeding at breast
  + When expressing milk, wash hand before touching pump/equipment/bottle parts and clean pump after each use
    - When possible have someone else non affected by COVID-19 feed infant

**Academy of Breastfeeding Medicine: COVID-19 Statement**

Same recommendations as CDC above and:

* If the mother is well and only been exposed, breastfeeding is considered reasonable and risks should be diminished with above recommendations
* If mother has COVID-19, mothers should provide expressed milk
* CDC Hand Hygiene and use of alcohol-based hand sanitizer that contains 60-95% alcohol before and after all contact with potentially infectious material
* Ideally, uninfected adults should care for/feed infant
* Mother should practice hand hygiene and use of mask for 5-7 days until cough and respiratory secretions have improved and/or involve healthcare professional to determine length of time for home isolation and precautions

**American Academy of Pediatrics: COVID-19 Statement**

Per AAP, COVID-19 has not been detected in breastmilk

If mothers are separated, expressed breastmilk should be given to infants.

* Mothers should wash their hands and disinfect pump/bottles
* Someone who is healthy should feed infant expressed milk

If a mother chooses to breastfeed, she should wear a face mask and wash her hands.

CDC Instructions on Hand Hygiene

Clean your hands often

* **Wash your hands** often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
* If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
* **Avoid touching** **your eyes, nose, and mouth** with unwashed hands.