

BREASTFEEDING & PREGNANCY IN THE TIME OF THE CORONAVIRUS (COVID-19) PANDEMIC*

**To date, the coronavirus has not been detected in breast milk.
However, we do not know whether mothers with COVID-19
can transmit the virus via breast milk.**

MARCH 20, 2020

BREASTFEEDING WITH NO KNOWN EXPOSURE TO CORONAVIRUS (COVID-19)

- Continue breastfeeding as usual

BREASTFEEDING WITH KNOWN EXPOSURE TO CORONAVIRUS (COVID-19)

- Breastfeed as usual and contact your physician
- If expressing breast milk with a manual or electric breast pump, wash hands before touching any pump or bottle parts; and sanitize breast pump equipment after each use

BREASTFEEDING IF YOU'RE SICK AND CONCERNED ABOUT CORONAVIRUS

- Continue breastfeeding as usual and contact your physician

BREASTFEEDING WITH A CONFIRMED CASE OF CORONAVIRUS (COVID-19)

- Contact your physician to make an informed decision to continue or discontinue breastfeeding

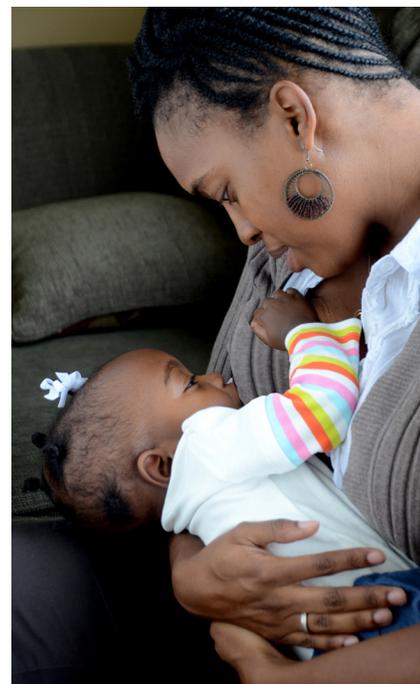
PREGNANCY IN THE TIME OF CORONAVIRUS (COVID-19)

- Protect yourself and avoid being around people who are sick
- Wash your hands frequently with soap and water. Wash for at least 20 seconds before you eat, after you sneeze and after using the bathroom
- Use alcohol-based hand sanitizers in addition to hand-washing

UNKNOWN INFORMATION ABOUT CORONAVIRUS (COVID-19)

Whether Covid-19 can be passed from a pregnant woman to her fetus is currently unknown. Additionally, it is unknown whether Covid-19 can cause problems while pregnant. It is also unclear if complications can arise if a pregnant woman tests positive for Covid-19.

*Information on Covid-19 is rapidly evolving. This information was compiled by [Black Mothers' Breastfeeding Association](#) on March 20, 2020 based on interim guidance published by the Centers for Disease Control and Prevention. This information is not meant to replace that of medical professionals. For more information about the impact of Covid-19 pregnancy and breastfeeding, please click [here](#).



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