

## **Will my baby get H1N1 through breastfeeding?**

Because H1N1 is a new virus, we do not know whether H1N1 can be transmitted through breast milk. But, what we do know are these: (1) Protective antibodies from the mother's breast milk are very important to your baby's health. Continue to breast feed your baby. (2) If you (as the mother) get sick with H1N1, ask someone else to feed your baby with expressed breast milk. If no one is available to feed your baby, then wash your hands thoroughly, wear a mask and use a cloth blanket between you and the baby during feeding. (3) It is OK to take medicines to treat the flu while you are expressing your breast milk.