BREASTFEEDING AND CORONAVIRUS

Breastmilk protects your baby from Covid-19

Even if YOU have coronavirus (Covid-19), your milk protects your baby in many ways.

Lactoferrin and DHA are always in your milk. If your baby is exposed to Covid-19, these weaken the outer shell of the virus cell so that cells (macrophages) can destroy the virus before your baby becomes sick.

Also, symptomatic women make antibodies which are passed in milk. (This means the breast milk will likely protect children, rather than harming them.)

UNICEF statement: symptomatic mothers who are well enough to breastfeed should continue to do so while also adhering to precautions including: hand washing and use of masks for those coughing and sneezing.

CDC statement: As with other viral illnesses, if a mother may have coronavirus (Covid-19), breastfeeding should continue with proper hand washing and a face mask. If you are too sick to breastfeed, continue to pump and give expressed milk.

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