# Breastfeeding Advice to Mothers in Situation of COVID-19

- You should breastfeed your baby, as close contact and early, exclusive breastfeeding helps your baby to thrive.

- If you have COVID-19, you should breastfeed if you want to do so, and:
  - Wear a mask during feeding.
  - Don’t kiss or put your mouth in contact with baby’s face.
  - Cover your mouth with tissue or with your bend of elbow, when you cough and sneeze.
  - Wash hands before and after touching the baby.
  - Routinely clean surfaces you have touched.

- If you have COVID-19, you need support to:
  - Breastfeed safely, with good respiratory hygiene.
  - Hold your newborn skin-to-skin.
  - Share a room with your baby.
  - Wash your hands before and after touching your baby.
  - Keep all surfaces clean.

- If you are too unwell to breastfeed your baby due to COVID-19 or other complications, you should be supported to safely provide your baby with:
  - Expressed breast milk
  - Donor human milk

To date, the virus has not been found in samples of breastmilk.