



First Nations Health Authority
Health through wellness

Breastfeeding Your Baby During COVID-19



Breastfeeding is the safest and healthiest food for your baby, even if you have COVID-19. The COVID-19 vaccine will protect you and studies have shown the antibodies can pass through breast milk to your baby.



Why is breast milk good for my baby?



It is our first traditional food



Your antibodies are transmitted to your baby.



How do I keep my baby safe while breastfeeding?



If you are sick, wear a mask when you are feeding, holding or caring for your baby



Wash your hands before and after feeding or touching your baby



How can I make sure my breastfeeding supplies are safe?



If using a breast pump, clear as per pump instructions after each use and wash your hands before expressing milk



If using bottles for breast milk, wash and sterilize all bottle parts by boiling them for two minutes



How can I care for myself?



Rest, eat well and drink plenty of fluids



Practise healthy ways to cope with stress



Get your COVID-19 and flu vaccines

Stay safe and avoid COVID-19 infection by getting vaccinated and following public health recommendations: [FNHA.ca/vaccine](https://fnha.ca/vaccine)

For more information on safe breastfeeding, [read our fact sheet here.](#)