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

For more information on safe breastfeeding, read our fact sheet here.