



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, it is the best option for your baby and no studies have yet shown that COVID-19 can pass through breast milk.



Why is breast milk good for my baby?



It is our first traditional food



It strengthens your baby's immune system and can protect them from illnesses



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, clean 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



Reach out when you need help: people are here for you!

Stay safe and avoid COVID-19 infection by following the same precautions recommended for the general public.

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