

COVID-19 AND BREASTFEEDING

Current evidence shows that breastfeeding mothers who receive the COVID-19 vaccine pass protective antibodies to their babies, and **breastmilk is unlikely to spread the virus**, even if the mother is sick.

If you have COVID-19 or were exposed, you can likely continue breastfeeding with extra precautions.



TIPS TO SAFELY BREASTFEED AND EXPRESS BREASTMILK WITH COVID

- **Wash your hands with soap and water for 20 seconds before breastfeeding**, expressing breastmilk, or touching any parts of the breast pump or bottle. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- **Wear an N95, KN95, or KF94 whenever you're near your baby** including while breastfeeding, expressing milk, and when handling bottles and pumps too.
- **Use your own breast pump/attachments that are not shared with others.** Clean well all parts of the pump after each use.
- You can also ask someone who does not have COVID-19 to **feed your baby your expressed breastmilk.**

GENERAL COVID SAFETY TIPS

- If you had close contact with someone with COVID-19, immediately start wearing a well-fitting N95, KN95, or a KF94 mask around others, including babies
- If you had COVID-19 within the past 30 days, test if you develop symptoms
- If you did not have COVID-19 in the past 30 days, test 5 days after your last exposure or earlier if you develop symptoms
- Ask your healthcare provider for guidance if you need help interpreting your test results, or you have a higher risk of developing more severe COVID-19 symptoms

- **Get vaccinated.** COVID-19 vaccination is safe for everyone including people who are pregnant, breastfeeding, or trying to get pregnant

The American College of Obstetricians and Gynecologists (ACOG) recommend individuals receive the vaccine at any point during pregnancy, when planning to become pregnant, in the postpartum period, or while lactating

Learn more:

- Read COVID-19: Symptoms & Precautions: bit.ly/covid-symptoms-bwpc
- Read COVID-19 Isolation & Vaccine Guide: bit.ly/covid-isolation-bwpc

Need breastfeeding support or help discussing vaccine options with your provider, pediatrician, or insurance?

Call **559-767-1756** to connect with a BWPC community health advocate or lactation educator today!



Updated: 9/19/2025

