

COVID-19 Information for Breastfeeding Mothers Breastfeeding Safely With COVID-19

The Ohio Department of Health, in alignment with the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), and Academy of Breastfeeding Medicine, recommends breastfeeding as the optimal feeding choice for infants, even during the COVID-19 pandemic. Breast milk provides protection against many illnesses. During this time, Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that all new mothers continue to safely feed their babies by following these CDC-recommended steps for feeding with respiratory infections:

- Wash your hands for at least 20 seconds with soap and water each time before touching your baby, preparing a bottle for breast milk (or formula), touching your pump or bottle parts, or expressing milk.
- If a mother is showing symptoms (cough, shortness of breath) or contracts COVID-19, she should continue to breastfeed while taking all of the necessary precautions to prevent spread.
- Women with COVID-19 should remain isolated from other members of the family except to breastfeed.
- If possible, have someone that is well care for and feed expressed breastmilk to the baby.
 - Due to a shortage of personal protective equipment (PPE) in the state, we are not recommending nursing mothers go out and buy masks to wear while breastfeeding.
- Women should talk with their healthcare provider to make the best decision for mom and baby.
- If you are unable to produce milk during this time, you can use formula following the same cleaning precautions to prevent spread of infection.
- Remember, homemade baby formula recipes online and on social media are NOT recommended and can be dangerous for your baby.

- If you have questions, contact your local WIC clinic for further guidance or call 1-844-601-0365 to connect with your closest WIC clinic. You can also reach out to the Appalachian Breastfeeding Network Statewide 24/7 Hotline at 1-888-588-3423.

For more information on COVID-19, please visit coronavirus.ohio.gov

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

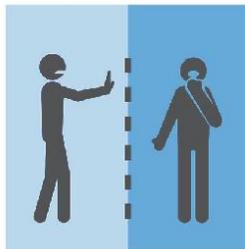
Additional Resources:

CDC guidance on pregnancy and breastfeeding around COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>

Academy of Breastfeeding Medicine statement on breastfeeding safety with COVID-19: <https://www.bfmed.org/abm-statement-coronavirus>



STAY HOME
WHEN YOU ARE
SICK



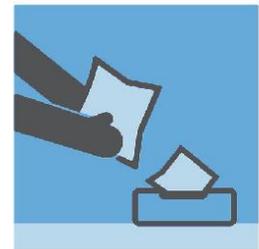
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov