



## COVID-19 Breastfeeding Resource Kit

### Benefits of breastfeeding during a pandemic:

- **Breastfeeding is good for babies.** It protects them from many infections. While it is still not clear if this is true for the COVID-19 virus, breastfed infants are generally less likely to have severe respiratory symptoms when they get sick.
- **Breastfeeding is good for moms.** Hormones released in the mother's body during breastfeeding promote wellness and can relieve stress and anxiety.
- **Breast milk is readily available.** No purchase necessary!

#### **AAP Guidance**

Newborn Care Clinical Guidance:

<https://downloads.aap.org/AAP/PDF/COVID%2019%20Initial%20Newborn%20Guidance.pdf>

FAQ: Management of Infants Born to Mothers with Suspected or Confirmed COVID-19

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/faqs-management-of-infants-born-to-covid-19-mothers/>

For Parents: Breastfeeding During the Covid19 Pandemic <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-During-COVID-19.aspx>

#### **CDC Guidance**

Interim Guidance on Breastfeeding for a Mother Confirmed or Under Investigation for COVID-19

[https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html)

Interim Considerations for Infection Prevention and Control of COVID-19 in Inpatient Obstetric Healthcare Settings

[https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html?fbclid=IwAR3kjiyMO2yxl7zewvenfTLcFTLZvjzfr9RRq-s80nsQwlh9colmU\\_nd8](https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html?fbclid=IwAR3kjiyMO2yxl7zewvenfTLcFTLZvjzfr9RRq-s80nsQwlh9colmU_nd8)

For Parents: Coronavirus Disease (COVID-19) and Breastfeeding

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html>

#### **WHO Guidance**

Q&A on Breastfeeding

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-on-covid-19-and-breastfeeding>

Additional FAQ from Healthcare Workers

<https://www.who.int/news-room/detail/28-04-2020-new-faqs-address-healthcare-workers-questions-on-breastfeeding-and-covid-19>

***ACOG Guidance***

Practice Advisory on Novel Coronavirus 19

<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/03/novel-coronavirus-2019>

***American Academy of Family Physicians Guidance***

Statement on Breastfeeding and COVID-19

[https://www.aafp.org/dam/AAFP/documents/patient\\_care/public\\_health/AAFP-COVID-Breastfeeding-Policy.pdf](https://www.aafp.org/dam/AAFP/documents/patient_care/public_health/AAFP-COVID-Breastfeeding-Policy.pdf)

***National Perinatal Association (NPA)***

Compilation of Resources

<http://www.nationalperinatal.org/COVID-19#breastmilk>

***United States Lactation Consultants Association (USLCA)***

COVID-19 and Breastfeeding Graphic

[http://uslca.org/wp-content/uploads/2020/03/Breastfeeding-through-COVID\\_19.pdf](http://uslca.org/wp-content/uploads/2020/03/Breastfeeding-through-COVID_19.pdf)

Shared Decision-Making Handout

<https://uslca.org/wp-content/uploads/2020/04/Shared-Decision-making-for-infant-separation.pdf>

***Human Milk Banking Association of North America (HMBANA)***

Milk Handling for COVID-19 Positive or Suspected Mothers in the Hospital Setting

<https://www.hmbana.org/news/milk-handling-for-covid-19-positive-or-suspected-mothers-in-the-hospital-setting.html>

***Academy of Breastfeeding Medicine***

Statement on Coronavirus 2019

<https://www.bfmed.org/abm-statement-coronavirus?eType=EmailBlastContent&eId=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34>

***United States Breastfeeding Committee***

Infant and Young Child Feeding in Emergencies, including COVID-19

<http://www.usbreastfeeding.org/p/cm/ld/fid=33?eType=EmailBlastContent&eId=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34>

***International Lactation Consultant Association***

Statement on Breastfeeding and Lactation Support During the COVID-19 Pandemic

<https://lactationmatters.org/2020/03/18/ilca-statement-on-breastfeeding-and-lactation-support-during-the-covid-19-pandemic/>

***La Leche League***

Continuing to Nurse Your Baby Through Coronavirus and Other Respiratory Infections

<https://www.llli.org/coronavirus/>