

Breastfeeding and COVID-19

Current evidence suggests that breast milk is unlikely to spread the virus to babies.



COVID-19 vaccination is recommended for people who are pregnant, breastfeeding, or trying to get pregnant.

In addition, everyone who is eligible, including those who are pregnant, breastfeeding, or trying to get pregnant, is **encouraged to get a booster shot.**



Please always wash your hands with soap and water for 20 seconds before breastfeeding or expressing breast milk, even if you don't have COVID-19.

If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

If you have COVID-19 and choose to breastfeed:

- Wash your hands before breastfeeding.
- Wear a N95, KN95, or a KF94 mask while breastfeeding and whenever you are within 6 feet of your baby.

If you have COVID-19 and choose to express breast milk:

- Use your own breast pump/attachments that are not shared with others.
- Wear a N95, KN95, or a KF94 mask as you express breast milk.
- Wash your hands with soap and water for at least 20 seconds before touching any pump or bottle parts, and before expressing breast milk.
- Follow recommendations for proper pump cleaning after each use. Clean all parts of the pump.

Consider having a fully vaccinated caregiver feed the expressed breast milk to the baby.



People who have come into close contact with someone with COVID-19 should be tested to check for infection:

- Fully vaccinated people should be **tested 5–7 days after** their last exposure.
- People who are **not fully vaccinated should get tested immediately** when they find out they have been exposed. If their test result is negative, they should get tested again 5–7 days after their last exposure, or immediately if symptoms develop.
- **Self-tests are one of several options for COVID-19.**
- Ask your healthcare provider or your local health department if you need help interpreting your test results.

Fully vaccinated caregivers should consider wearing a N95, KN95, or a KF94 mask while **feeding the baby.**

Visit myturn.ca.gov to find a walk-in clinic or make an appointment for your COVID vaccination.

