



MINISTRY OF HEALTH  
OSWALDO CRUZ FOUNDATION  
BRAZILIAN HUMAN MILK BANKS NETWORK

TECHNICAL RECOMMENDATION No. 01/20.170320

SUBJECT: Covid-19 and Breastfeeding

The Brazilian Human Milk Banks Network - Fiocruz, based on technical discussions held with professionals from the Ministry of Health of Brazil, from the Brazilian Society of Pediatrics (SBP); the National Institute of Health for Women, Children and Adolescents Fernandes Figueira (IFF), the Institute of Integrated Medicine Professor Fernando Figueira (IMIP); the São Paulo Health Institute (IS-SP); the Brazilian Association of Midwives and Obstetric Nurses (Abenfo) and the International Baby Food Action Network (IBFAN)

**Whereas:**

- The World Health Organization (WHO) guides the maintenance of breastfeeding due to the lack of elements that prove that breast milk can spread the coronavirus, until the time of this publication;

- The Centers for Disease Control and Prevention (CDC), The Royal College of Obstetricians and Gynaecologists (RCOG), London, the Brazilian Society of Pediatrics (SBP); the Professor Fernando Figueira Institute of Integrated Medicine (IMIP); the São Paulo Health Institute (IS-SP); the Brazilian Association of Midwives and Obstetrical Nurses (Abenfo), the Brazilian Federation of Gynecology and Obstetrics Associations and the International Network in Defense of the Right to Breastfeed / International Baby Food Action Network (IBFAN), emphasize that the benefits of breastfeeding outweigh any potential risks of transmission of the virus through breast milk;

### **It recommends that:**

- Breastfeeding is maintained in the event of infection COVID-19 as long as the mother wishes to breastfeed and be in proper physical condition to do so;

- The infected mother should be guided to observe the measures presented below, in order to reduce the risk of transmission of the virus through respiratory droplets during contact with the child, including breastfeeding:

1. Wash your hands for at least 20 seconds before touching the baby or before expressing breast milk (by hand or pump);
2. Wear face mask (completely covering nose and mouth) during nursing and avoid talking or coughing while breastfeeding;
3. The mask must be changed immediately in case of coughing or sneezing or with each new nursing;
4. In case of opting for milk extraction, the guidelines available in the following document must be observed:  
[http://bvsmms.saude.gov.br/bvs/publicacoes/cartilha\\_mulher\\_trabalhadora\\_amentada.pdf](http://bvsmms.saude.gov.br/bvs/publicacoes/cartilha_mulher_trabalhadora_amentada.pdf)
5. Strictly follow the recommendations for cleaning the milk extraction pumps after each use;
6. One should consider the possibility to request the help of someone who is healthy to offer the breast milk in a cup, tea-cup or spoon to the baby.
7. It is necessary that the person who is going to offer the breast milk to the baby learns how to do so with the help of a health professional.

### References:

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