

Breastfeeding and H1N1

Does breastfeeding protect babies from the flu virus?

Yes

- Breastfed babies get antibodies (infection fighters) from their mother's milk.
- Formula fed babies get sick more often and more severely than babies who are breastfed.



Should I stop breastfeeding my baby if I have the flu?

No

- When you get sick, you make antibodies against the infection, which will be passed in your breast milk to protect your baby from that same infection.
- It's OK to take medicines to prevent the flu when you're breastfeeding.
- Wash your hands often.
- You may want to wear a face mask when caring for your baby.
- If you're too sick to breastfeed, express your milk and have someone else give it to your baby.

If my baby is sick, is it okay to breastfeed?

Yes

- Breastfeeding is one of the best things you can do for a sick baby.
- Give your baby many chances to breastfeed when he is sick. Sick babies need more fluids.
- The fluid from breast milk is better than anything else, even Pedialyte® because it protects your baby's immune system.
- If your baby is too sick to breastfeed, you can give your breast milk with a small cup, bottle, syringe, or eye-dropper.
- Check with your health care provider if you have concerns about your baby's health.

Links for Breastfeeding and H1N1

<http://www.cdc.gov/h1n1flu/infantfeeding.htm>

http://kidshealth.org/parent/pregnancy_newborn/breastfeed/h1n1_breastfeeding.html