NSW Health COVID-19 FAQ webpage
Guidance for parents concerning infants and COVID-19

Additions to the NSW Health COVID-19 FAQ webpage - Guidance for parents concerning infants and COVID-19

New FAQs

How can I protect my baby?

The NSW Government website has information on [how to protect yourself and others](#).

Everyone in the family should have the seasonal influenza (flu) vaccination when it becomes available. Babies can have the seasonal influenza vaccine from 6 months of age - the vaccine is free for all children aged 6 months to less than 5 years of age. For more information, including a list of all groups eligible for free seasonal influenza vaccine, go to the NSW Health webpage [Seasonal influenza vaccination 2020](#).

Make sure your baby’s vaccinations are up to date. This will protect them from other diseases that could make them sick.
If I have suspected or confirmed COVID-19 can I continue to breastfeed my baby?

Yes, you should continue to breastfeed or feed your baby expressed breastmilk. The benefits of feeding your baby breastmilk outweighs any potential risk of transmission of coronavirus through breastmilk. You should however take all necessary precautions to avoid spreading the virus. This includes wearing a face mask when near your baby (including while feeding), washing your hands before and after contact with your baby (including feeding), and avoid coughing or sneezing on the baby while feeding. You should clean/disinfect contaminated surfaces.

Strict hygiene is required if handling expressing equipment and expressed breastmilk. If expressing breast milk by hand or with a manual or electric breast pump, the mother should wash her hands before touching her breast, the pump or bottle parts.

Make sure you follow recommendations from the manufacturer for pump cleaning after each use. The Raising Children Network provides guidance on how to keep your expressing equipment clean at https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding/expressing-working-travelling/expressing-breastmilk

If you are too ill to breastfeed, try to express milk and give it to your baby by a bottle, cup or spoon – following the same infection prevention methods.

If possible, consider someone who is well feed the expressed breast milk to your baby following appropriate infection prevention methods.

You should discuss feeding options with your health professional.

The Australian Breastfeeding Association (ABA) has advice about COVID-19 and breastfeeding

The ABA runs the National Breastfeeding Helpline 1800 mum 2 mum (1800 686 268). The Breastfeeding Helpline is available 24 hours a day, 7 days a week.

The UNICEF Baby Friendly Initiative UK site has information about infant feeding during the COVID-19 outbreak

What precautions do I need to take if I am feeding my baby infant formula?

Follow the advice provided by the Raising Children Network on Bottle feeding: cleaning and sterilising equipment
Additional information to be added to the current FAQ ‘How can I protect myself / my family?’

The Raising Children Network has information and an advice line about coronavirus and children including links to resources for parents on talking to children about disaster and distressing events which may assist parents of anxious children.


Centres for Disease Control and Prevention has information on steps to protect the health of your family https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-family.html

Up to date information is available on NSW Health Facebook and Twitter