

NURSING WHILE SICK

Should I nurse my baby if I am sick?



YES!

Can nursing my baby give them my sickness?



Yes, nursing actually gives your baby antibodies to protect against illness.

Can I take medications while nursing?



Certain medications can be taken while nursing, consult with your care provider to learn more.

When sick, milk supply can go down. If your milk supply lessens while sick here are a few things you can do to help it improve.

- Hydrate
- Relax
- Pump frequently
- Nurse on demand

The best thing that you can do for your baby when you or your baby are sick is to continue nursing them.



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