

- Breast feeding / Virus

## All-clear for breast milk

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NEW mums can breathe a sigh of relief after early research revealed breast milk is an unlikely source of Covid-19 infection.

In a small study of 110 lactating women, researchers found infectious genetic material from the virus was not found in the samples of breast milk.

Six per cent of participants had a known or suspected case of Covid-19 and had RNA from the virus in their breast milk. But the study found there was no evidence of infection in the babies who were breastfed by the seven mums who had tested positive to the virus.

Newborn babies rarely develop serious symptoms when they are exposed to the virus. The Australian Breastfeeding Association recommends mothers continue to breastfeed their infants, even if they are exposed to the virus.