The NCLCA is proud of the way lactation consultants across the state have continued to serve families during this public health crisis. We continue to represent your needs, and hope that you will reach out to us if there are ways that we can support you during this time.

The Academ[y of Breastfeeding Medicine, the CDC, and the World Health Organization] are excellent sources of evidence-based guidance for clinicians. As of March 23, 2020, this is a summary of key recommendations for breastfeeding families:

- It is not known if breastmilk can transmit the COVID-19 virus. In limited studies to date, the virus has not been detected in breastmilk.
- The World Health Organization states that the role of breastmilk in transmitting other respiratory viruses is “insignificant.”
- The World Health Organization states that a mother with the virus “could” continue breastfeeding her infant. The CDC recommends that mothers confer with their doctor to make an appropriate decision regarding whether to initiate or continue breastfeeding.
- Whether breastfeeding or not, a mother with COVID-19 should wash her hands before each contact with her child, and wear a medical mask during all interactions with her child. If pumping or otherwise expressing milk, she should wash her hands before touching supplies, and ensure that all supplies are washed according to the manufacturer’s instructions.

The CDC offers detailed guidance on appropriate personal protective equipment for clinicians caring for patients with suspected or confirmed COVID-19. Please familiarize yourself with the entire CDC document and seek out training on appropriate donning and doffing of personal protective equipment (PPE). As of March 23, 2020, this is a summary of the key guidance:

- Perform hand hygiene before and after patient contact, contact with contaminated items, and putting on and removing PPE.
- Appropriate PPE includes the following:
  - Respirator (if available) or facemask
  - Eye protection
  - Gloves
  - Gowns

The following is a resource list created by the U.S. Lactation Consultants Association:

**Information:**

- **Academy of Breastfeeding Medicine:** Gives good guidance on how to manage breastfeeding parents with coronavirus
  - https://www.bfmed.org/abm-statement-coronavirus
• **American Academy of Pediatrics:** This guidance is for families with children. It gives suggestions on how to protect (and entertain) small children while maintaining social distancing.

• **Carolina Global Breastfeeding Institute:** This is a nice collection of resources, some very specific to breastfeeding. Many of the resources included on this website also appear below
  – [https://default.salsalabs.org/Td67b0425-59ce-431f-92ff-c4883245dcdd/4e4f9eb8-0c31-47d6-ba2b-16ec9722328e](https://default.salsalabs.org/Td67b0425-59ce-431f-92ff-c4883245dcdd/4e4f9eb8-0c31-47d6-ba2b-16ec9722328e)

• **Center for Disease Control & Prevention:** Gives us the basic guidance we need to manage women who have coronavirus during pregnancy, birth, and breastfeeding

• **Human Milk Banking Association of North America:** on this website, we get a quick summary of the policy statement on the safety of human milk banking and a link to their full policy
  – [https://www.hmbana.org/news/statement-on-coronavirus.html?fbclid=IwAR12pAhJJ05jd_FIJ8xQ7r1H-NmRN5RpaGqdpsGjf6y60c8QCaqfWfgRlz6s](https://www.hmbana.org/news/statement-on-coronavirus.html?fbclid=IwAR12pAhJJ05jd_FIJ8xQ7r1H-NmRN5RpaGqdpsGjf6y60c8QCaqfWfgRlz6s)

• **International Lactation Consultant Association:** provides a good summary of the concerns in practicing lactation support during this pandemic, supports clinical care, and suggests telehealth when appropriate or needed.

• **La Leche League USA** provides answers and resources for some of the most frequently asked questions about coronavirus and breastfeeding

• **National Perinatal Association:** provides a set of resources and information similar to the other organizations here, as well as including a webinar

• **UNICEF:** This excellent resource covers the basics about helping someone with the virus, but also covers some of the basics about how the virus works, gives guidance on handwashing,
tips for staying safe, and guidance on addressing the topic with children and the prevention of bullying:

– https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know?eType=EmailBlastContent&elid=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34

• **World Health Organization**: this links to guidance on taking care of a patient at home with mild symptoms.

• **AMA Journal of Ethics**: This organization has been talking about how to practice ethically in pandemics and epidemics for years, and now turns its attention to coronavirus with many resources, including a podcast

• **Journal of Human Lactation facebook page**: this site offers ongoing scientific posts about coronavirus
  – https://www.facebook.com/pg/JournalofHumanLactation/posts/?ref=page_internal

**Resources:**

• **HIPAA Emergency Response**: a broad review of some important privacy considerations for patients from **US Department of Health and Human Services**

• **Home visit guidelines** from **CMS**: broad guidance on how to manage either patients or providers with symptoms of or confirmed coronavirus

• **Resources for Lactation Supporters During COVID-19** from **Lactation Education Resources**: this gives us three, quick, 1-page, lactation-specific guidance on community and telehealth options for breastfeeding support providers
  – https://www.lactationtraining.com/covid-19?fbclid=IwAR3HxPVlu54-wfH13WddwI93V8Tz7-yVpPvfW9UdXhAtawNta4lpG-ngJs
• **Meditation and Relaxation for healthcare providers with Headspace:** This meditation app is giving healthcare providers free access to their services by submitting your NPI number with the goal of supporting healthcare workers.
  – [https://www.headspace.com/health-covid-19?fbclid=IwAR1yFrD7EgrZ2mJPZxvtDx_mofzKn8sgxDOwgbRefr3PsmL3hI3Oudx8SMrsE](https://www.headspace.com/health-covid-19?fbclid=IwAR1yFrD7EgrZ2mJPZxvtDx_mofzKn8sgxDOwgbRefr3PsmL3hI3Oudx8SMrsE)

• **Virtual Consult Guidelines** from Paperless Lactation: This resource provides specific information for lactation consultants on how to provide safe and effective telehealth visits – [https://paperlesslactation.com/blog/virtual-consult-best-practices-for-lactation-consultants](https://paperlesslactation.com/blog/virtual-consult-best-practices-for-lactation-consultants)

Thank you for your service to North Carolina’s families during this challenging time. You owe the same duty to yourself as you owe to your patients, so we encourage you to ensure your own physical and emotional safety as you provide lactation care.

*We may encounter many defeats but we must not be defeated.*  – Maya Angelou

*If you find it in your heart to care for somebody else, you will have succeeded.*  – Maya Angelou

*My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.*  – Maya Angelou

*Let nothing dim the light that shines from within.*  — Maya Angelou