Breastfeeding helps protect your baby from the diseases you are exposed to.

Wash your hands before handling your baby and avoid putting your face to his.

Avoid sneezing or coughing on your baby.

For severe illness, check with your doctor about the best way to feed your baby while you are sick.

Breastfeeding gives your baby the best nutrition so he can stay healthy.

By continuing to breastfeed you will maintain your milk supply for your baby. Your supply may decrease if you stop breastfeeding while you are sick.

If you stop breastfeeding suddenly you may develop an infection called mastitis.

Breast milk helps protect your baby from the diseases you are exposed to.

Worried About Getting Baby Sick?
Breastfeeding and simple precautions can prevent your illness from passing on to baby.

Continue Breastfeeding
It is important for you and your baby to still nurse even if you become ill.
Safe Medication While Breastfeeding
These medications do not suppress milk supply.

- **Nausea and Vomiting Medications**
  - Milk of Magnesia
  - Citro-Mag
  - Citrucel Caplets, Citrucel Packets Orange
  - Phillips Milk of Magnesia
  - Mylanta
  - Gastrobrom
  - Pepcid
  - Axit-AR

- **Cold and Flu Medications**
  - Robitussin cough & congestion liquid
  - Robitussin Cough Gels Liqui-Gels
  - Robitussin Cough Liquid
  - Robitussin Cough Long Acting Liquid
  - Robitussin Cough Medicine
  - Robitussin DM Cough Suppressant/Expectorant
  - Robitussin sugar free cough liquid
  - Robitussin-D liquid
  - Sucrets Cough Suppressant Cherry Lozenges
  - Theradex P & Chest Liquid
  - Theradex Chest Congestion Powder

- **Allergy Medications**
  - Alavert
  - Claritin
  - Tylenol Allergy Multi-Symptom Severe Caplets

- **Nasal Sprays & Decongestants**
  - Most are safe to use except for the medications listed below.

- **Decongestants**
  - Nasal-Ease with Zinc
  - Nasal-Ease with Zinc Gluconate
  - Benzedrex; Vicks Vapor Inhaler
  - Zicam Cold Remedy No-Drip Liquid Nasal Gel
  - Zicam Cold Remedy Swabs No-Drip Liquid Nasal Gel
  - Adrenaline Chloride
  - Nuprin Cold Relief Nasal Decongestant Inhaler
  - Pretz-D

- **Herbs**
  - Ginseng
  - Golden Seal
  - Gordolobo yerba tea
  - Indian Snakeroot
  - Jin Bu Huan
  - Kava Kava
  - Licorice
  - Male Fern
  - Margosa oil
  - Mate tea

- **Treatments to Avoid**
These are not safe to take while breastfeeding.

- **Ask your doctor before taking any medications.**