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.

Continue Breastfeeding

- 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.

Worried About Getting Baby Sick?

- Breast milk 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.

WIC is an equal opportunity provider.
Safe Medication While Breastfeeding
These medications do not suppress milk supply.

- **Nausea and Vomiting Medications**
  - Alka-Seltzer Heartburn Relief Tablets
  - Beano Food Enzyme Dietary Supplement Drops
  - Dairy Ease Caplets
  - Gas-X Antigas Chewable Tablets
  - Lactaid
  - Maalox

- **Cold and Flu Medications**
  - Acetaminophen
  - Advil (no cold, sinus or PM)
  - Airborne (no more than 8 weeks)
  - Bayer Select
  - Cepacol
  - Cepacol Cold Care Cherry
  - Cepacol Cold Care Zinc Acetate Lozenges
  - Cepacol Dual Cherry Spray
  - Cepacol Max Spray Mint
  - Cepacol Max Strength Cherry Lozenges
  - Cepacol Sore Throat Lozenges
  - Cepacol Sore Throat Spray
  - Chloraseptic Total Cherry Lozenges
  - Coricidin Cold & Flu Tablets
  - Coricidin Hbp Cough & Cold Tablets
  - Coricidin Hbp Maximum Strength Flu Tablets
  - Dayquil Cough Liquid
  - Delsym 12-Hour Cough Relief Liquid
  - Dimetapp Long-Acting Cold Plus Cough Elixir
  - Excedrin Quicktabs
  - Excedrin Tension Headache Caplets
  - Ibuprofen
  - Nyquil Alcohol Free Cold Flu Liquid
  - Robitussin Cough Long Acting Liquid

- **Allergy Medications**
  - Alavert 24-Hour Allergy Tablet
  - Allegra

- **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**
  - Aloe
  - Black Elderberry
  - Blue Cohosh
  - Black Cohosh
  - Black Elderberry Extract
  - Buckthorn bark/berry
  - Caraway Oil extract
  - Cascara Sagrada bark
  - Coltsfoot leaf
  - Comfrey
  - Germander
  - Ginseng
  - Golden Seal
  - Gordolobo yerba tea
  - Indian Snakeroot
  - Jin Bu Huan
  - Kava Kava
  - Licorice
  - Male Fern
  - Margosa oil
  - Mate tea
  - Mistletoe
  - Pennyroyal oil
  - Peppermint oil extract
  - Petasites root
  - Podophyllum
  - Purging Buckthorn
  - Rhubarb root
  - Sage
  - Senna leaf and extract
  - Skullcap

- **Nasal Decongestants**
  - Nuprin Cold Relief Nasal Decongestant Inhaler

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

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