

COVID-19: EXPRESSING MILK AT WORK

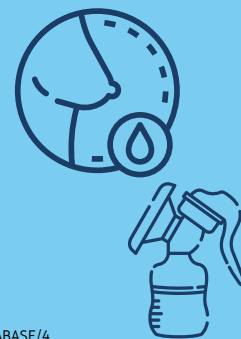
Information for Employees in **Child Care Settings**
(U.S.A.)

Last updated 20 April 2020

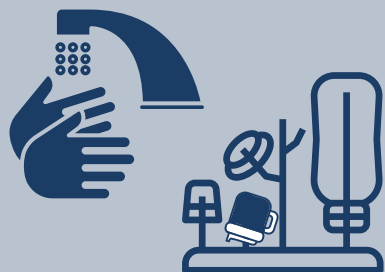
CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

EXPRESS MILK TO MAINTAIN YOUR SUPPLY & FEED YOUR INFANT

Human milk protects infants and young children against many illnesses and is a critical form of nutrition. Breastfeeding also provides you with important health benefits. The WHO and CDC encourage breastfeeding or expressing milk, even when COVID-19 is suspected or confirmed. If you work in a child care facility, the milk you express at work can be fed to your infant or toddler.



[HTTPS://NRCKIDS.ORG/CFOC/DATABASE/4](https://nrckids.org/cfoc/database/4)



USE PROPER HYGIENE EACH TIME YOU EXPRESS MILK

Recommended guidance includes washing hands before and after pumping or hand expressing, and cleaning your pump after each use. Always express milk into clean containers. Do not share a single user pump or pump parts.

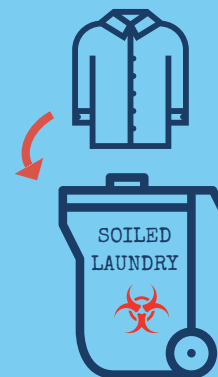
[HTTPS://WWW.CDC.GOV/HEALTHYWATER/HYGIENE/HEALTHYCHILDCARE/INFANTFEEDING/BREASTPUMP.HTML](https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html)

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/NEED-EXTRA-PRECAUTIONS/PREGNANCY-BREASTFEEDING.HTM](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.htm)

CONSIDER EXTRA PRECAUTIONS

Higher levels of potential exposure may occur performing tasks like diapering, feeding, changing a child's soiled clothing, and bathing or holding a child. To the extent possible, employees may consider:

- Expressing milk before performing high exposure activities
- Removing shirt or other soiled clothing before expressing milk
- Washing chest/breast before expressing milk



[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/COMMUNITY/SCHOOLS-CHILDCARE/GUIDANCE-FOR-CHILDCARE.HTML?DELIVERYNAME=USCDC_2067-DM2571T](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html?deliveryname=USCDC_2067-DM2571T)

REGULARLY CLEAN & DISINFECT LACTATION SPACES



The COVID-19 virus remains on surfaces for several hours to days. Lactation spaces in child care facilities can be cleaned according to CFOC national standards for cleaning, sanitizing and disinfection. Supplies should be made available for employees to wash hands and to wash and disinfect surfaces, pump parts, and containers, as needed.

[HTTPS://NRCKIDS.ORG/CFOC/DATABASE/3.3](https://nrckids.org/cfoc/database/3.3)

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/COMMUNITY/DISINFECTING-BUILDING-FACILITY.HTML](https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html)

Lactation and Infant Feeding in
Emergencies Initiative

L.I.F.E.
SUPPORT FOR COVID-19

Visit us at:
<https://sph.unc.edu/cgbi/covid-19-resources/>