

COVID-19: EXPRESSING MILK AT WORK

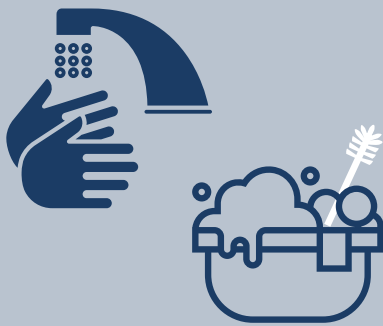
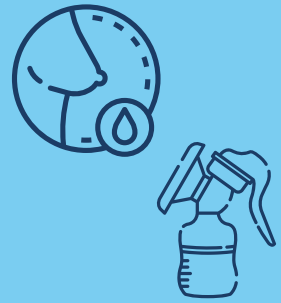
CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Information for Employees in **Healthcare Facilities**
(U.S.A.)

Last updated 20 April 2020

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 healthcare facility, the milk you express at work can be fed to your infant or toddler.



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/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 IN HIGH-EXPOSURE SETTINGS

Employees with higher levels of potential exposure may also consider:

- Expressing milk before performing high-exposure tasks
- Removing scrubs, PPE, or clothing worn during patient care prior to expressing milk
- Use a disinfecting wipe on any surfaces you may touch before expressing milk



REGULARLY CLEAN & DISINFECT SURFACES IN LACTATION ROOMS

The COVID-19 virus remains on surfaces for several hours to days. Lactation rooms in healthcare facilities can be cleaned according to the guidelines for infection control in healthcare facilities. Supplies should be made available for employees to wash hands, and to clean and disinfect surfaces, pump parts, and containers, as needed.

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/HCP/INFECTION-CONTROL-RECOMMENDATIONS.HTML#ENGINEERING_CONTROLS](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html#engineering_controls)

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/>