

COVID-19: STORING EXPRESSED HUMAN MILK AT WORK

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

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CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

HOW DO I HANDLE & STORE EXPRESSED MILK AT WORK?

Employees working in child care settings may have a higher risk of potential exposure to COVID-19. This resource provides tips to assist employees in these settings. Breastfeeding and feeding expressed human milk are encouraged during the COVID-19 pandemic.



[HTTPS://WWW.WHO.INT/PUBLICATIONS-DETAIL/CLINICAL-MANAGEMENT-OF-SEVERE-ACUTE-RESPIRATORY-INFECTION-WHEN-NOVEL-CORONAVIRUS-\(NCOV\)-INFECTION-IS-SUSPECTED](https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)

SAFEGUARDS AT WORK

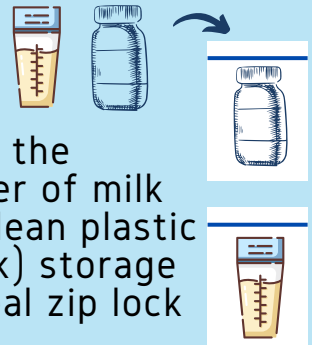


1. Remove oversized button down shirt or other soiled clothing before expressing milk.

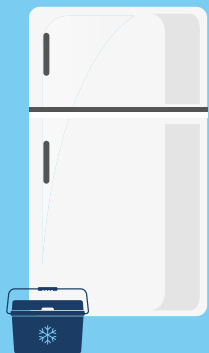
2. Use proper hygiene to express milk into a clean container. Seal the container.



3. Place the container of milk into a clean plastic (zip lock) storage bag. Seal zip lock bag.



4. Place the zip lock bag filled with milk into a refrigerator, freezer, or insulated cooler bag with frozen ice packs.



5. Use proper hygiene. Put on fresh oversized button down shirt.



TAKING MILK HOME

Transport in insulated cooler bag with frozen ice packs. Once home, open plastic zip lock bag. Wash hands. Remove milk, place in refrigerator or freezer. Follow CDC human milk storage guidelines. Clean inside of insulated bag with disinfectant wipes.

[HTTPS://WWW.CDC.GOV/BREASTFEEDING/RECOMMENDATIONS/HANDLING_BREASTMILK.HTM](https://www.cdc.gov/breastfeeding/recommendations/handling-breastmilk.htm)

OTHER THINGS TO CONSIDER

The COVID-19 virus may be active on surfaces for hours to days. Consider storing your milk for at least 72 hours before using it. Wash hands before preparing feedings. Wash hands again before feeding your infant or toddler. Use CDC guidance for cleaning and sanitizing infant feeding items.



[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/COMMUNITY/SCHOOLS-CHILDCARE/GUIDANCE-FOR-CHILDCARE.HTML?DELIVERYNAME=USCDC_2067-DM25771T](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html?deliveryname=USCDC_2067-DM25771T)

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