Follow the guidance for milk expression when COVID-19 is suspected or confirmed.

Wash hands. Seal the milk container. Label per facility protocols.

Use a 2-person hand-off to drop container of milk (in postpartum isolation area) into a clean plastic zip lock bag (outside of postpartum isolation area). Seal the zip lock bag.

For feeding, open the zip lock bag. Wash hands. Remove the milk. Follow facility protocols for preparing a feed.

Wash hands before and after feeding the infant. Wear a mask. Discard infant feeding items and milk per facility protocol.

*SARS-CoV-2 may be active on container surfaces from hours to days. Consider storing milk for at least 72 hours before use.

COVID-19 TIP: Provide postpartum patients who are separated from their infants with timely lactation support to establish and maintain lactation through pumping or hand expression. As soon as parent and infant are well-enough, support nursing, rooming-in, and skin-to-skin contact, with recommended respiratory and hand hygiene measures.
NOTE: Existing IPC measures in some facilities may require use of disinfectant wipes on the sealed containers before transport between isolation areas. See HMBANA guidance for a non-chemical ascetic method to transport milk between units when perinatal COVID-19 is suspected or confirmed: https://www.hmbana.org/news/milk-handling-for-covid-19-positive-or-suspected-mothers-in-the-hospital-setting.html. Use disinfectant wipes on containers with caution. Ensure the disinfectant does not come into contact with the milk or the infant’s mouth. Do not use disinfectant wipes on plastic milk storage bags or bottle nipples.

SOURCE TECHNICAL GUIDANCE