



COLLECTING AND STORING BREASTMILK DURING THE COVID-19 PANDEMIC

Breastmilk is the BEST source of nutrition for infants. It is very unlikely that COVID-19 will be passed through your breastmilk. The COVID-19 infection does not mean you have to stop breastfeeding. Just include respiratory protection when you are near your baby. The benefits of skin to skin and breastfeeding of breastmilk feeds outweighs the risks of transmission of COVID-19.

Before Pumping	During Pumping	After Pumping	Special Directions for COVID-19 Positive Mothers
<ul style="list-style-type: none"> Wash your hands for 20 seconds and lather with soap and rinse in warm water. Dry them with a clean paper towel. Use cleaned pump kits and bottles or breast milk bags. Check for tears in the bag or chipping of the bottles. Wipe high touch surfaces with disinfectants, such as your counter or sink if you plan to use those surfaces to place your breast pump, breast pump kit or bottles or if your milk will come in contact with these surfaces. It is unnecessary to wipe your bottles or bags with a disinfectant. 	<ul style="list-style-type: none"> Pump directly into the cleaned bottle connected to the pump or new milk storage bag. Massage the breast during pumping if doing a single pump session. Pump both breasts simultaneously when/if you are comfortable managing it. Fill the milk containers ¾ full. Milk expands with freezing. DO NOT PLACE MULTIPLE PUMPINGS IN A SINGLE BREAST MILK STORAGE BAG OR CONTAINER. 	<ul style="list-style-type: none"> Wash your hands for 20 seconds and lather with soap and rinse in warm water. Label the container with date of expression and name. Check the milk containers/bags for leakage. Do not keep units with leaks and tears. Put the fresh milk container in a clean bin inside the freezer. The container or milk bag must be securely sealed. The freezer must be kept at -18 °C (-4F°). Ideal storage is 3 months in the freezer but acceptable is less than 12 months. If you are planning to use the freshly expressed milk before 5 days, place the milk container in the refrigerator. ALWAYS FOLLOW MANUFACTURER'S DIRECTION TO CLEAN YOUR PUMP AND KIT. 	<p>If you are positive or think you have been exposed:</p> <ul style="list-style-type: none"> Use a face covering when you are breastfeeding or expressing your milk. Pay special attention to handwashing for 20 seconds and lather with soap and rinse in warm water and dry them with a clean paper towel. If you are coughing excessively on your chest, you may want to wipe your chest and breasts with warm water before breastfeeding. If you feel too ill to breastfeed, have someone help you get ready to breastfeed or pump. There is always donor milk available and you can order donor milk from your Mothers' Milk Bank.

Sources: HMBANA Best practice for Expressing, Storing and Handling Human Milk, 2019

www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump and Interim Infection Prevention and Control Recommendation

Corona Disease 2019 Pregnancy and Breastfeeding (2020)

WHO COVID-19 and Breastfeeding position paper (2020)

UNICEF Corona Disease (COVID-19) What Parents Should Know About COVID-19 (2020)