

COVID-19: STORING EXPRESSED HUMAN MILK AT WORK

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

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HOW DO I HANDLE & STORE EXPRESSED MILK AT WORK?

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



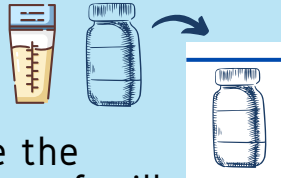
[HTTPS://WWW.WHO.INT/PUBLICATIONS-DETAIL/CLINICAL-MANAGEMENT-OF-SEVERE-ACUTE-RESPIRATORY-INFECTION-WHEN-NOVEL-CORONAVIRUS-\(NCOV\)-INFECTION-IS-SUSPECTED](https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)

STORING MILK AT WORK

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



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



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



TAKING MILK HOME

Transport milk home in an insulated cooler bag with frozen ice packs. Once home, open the plastic zip lock bag. Wash your hands. Remove the milk and place into a refrigerator or freezer until needed. Follow CDC human milk storage guidelines. Thoroughly clean or wipe down the inside of insulated bag with disinfectant wipes between uses.

CDC Human Milk Storage Guidelines:

[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. Use CDC guidance for cleaning and sanitizing infant feeding items.



[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)

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