**Breast Milk Handling and Transportation Guideline**

To be used for mothers that are Covid19 Positive or are patients under investigation (PUI) and their infant is in the NICU.

Mothers who intend to breast feed or continue breastfeeding should be encouraged to express breast milk to initiate milk supply or maintain milk supply.

Patients may breastfeed and provide expressed breast milk to NICU babies. Patients are instructed in hand-washing.

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| Team Member | Step | Action |
| Parents | 1 | Patient Education Emphasizing: * Perform excellent hand hygiene, especially before touching baby or breasts
* Keep breasts covered so they don’t become contaminated from respiratory secretions. (If breasts do become contaminated with respiratory secretions, wash breasts with soap and water, a germicidal wipe, or take a shower.)
* Wear a mask during breastfeeding or collection of colostrum/milk.

NOTE: Hand hygiene and cough etiquette around these activities are essential for all families and should be taught with teach-back for all patients.  |
| ParentsPostpartum patient, support person, and/or HCW | 2 | Collecting the Milk: * Mother puts on mask or available barrier (scarf, bandana, etc.) over the mouth and nose.
* Clean a surface where the syringes/bottles will be placed after collection of milk.
* Wash hands every time before pumping
* Express breast milk into storage bottle provided
* Label bottles with name or patient sticker, date, and time
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| Postpartum patient, support person, and/or HCW | 3 | Milk is coming from hospitalized patient:* Mother’s RN or other HCW dons PPE and enters room
* HCW retrieves milk and wipes down containers with antiseptic wipe.
* Milk is deposited into clean bag outside patient’s room.
* Baby’s NICU nurse is notified before milk is transported to the unit.
* Milk is taken to the NICU in the clean bag.
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| Parents at home and NICU designated staff  | 4 | Milk is coming in from home:* Send mom/family home with sterile milk collection bottles, baby’s patient labels, and plastic bags such as patient belonging bags.
* Support person at home wipes down bottles with sanitizing wipes if available, after milk is expressed.
* Place into plastic bag
* Place in refrigerator or freezer until transporting to hospital
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| Patient support person | 5 | Milk is brought to the hospital:* Unexposed support person will deliver expressed breast milk to designated staff at prearranged location.
* Have support person drop bottles of milk into clean bag brought by the staff member.
* Receiving staff member should wear gloves

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| Designated NICU Staff | 6 | Milk is received in NICU:* Bottles are brought into the baby’s room in the NICU.
* Designate clean and dirty areas for sanitizing the bottles.
* Place bag of bottles from home on area designated dirty, then wipe the bottles using sanitizing wipes and place to clean area.
* Clean work surfaces with sanitizing wipes when finished.
* Put the clean bottles of expressed breast milk into the baby’s refrigerator.

Milk that needs to be placed in the freezer room requires a second RN wearing gloves outside the baby’s room to receive the sanitized bottles and take them to freezer to be placed in baby’s bin. |

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References

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**Mother’s Guide**

**to Pumping and Transporting Breast Milk with Suspected or Confirmed COVID-19**

* Put on a facemask or barrier such as scarf or bandana covering nose and mouth
* Clean a surface where the syringes/bottles will be placed after collection of milk
* Perform excellent hand washing, especially before touching baby, breasts, or pumping supplies
* Keep breasts covered so they don’t become contaminated from respiratory secretions
* If breasts do become contaminated with respiratory secretions from sneezing or coughing, wash breasts with soap and water or take a shower
* Express breast milk into storage bottle provided
* Label bottles with name or patient sticker, date, and time
* Place in refrigerator or freezer until transporting to hospital. Freshly expressed breast milk can be refrigerated for up to 48 hours or needs to be frozen
* Clean pump and all pumping parts that make contact with breast milk following hospital recommendations (see pumping instructions).
* Remove mask or barrier and wash hands again

NOTE: Hand washing and controlling your secretions when preparing, pumping, and cleaning up are essential for all families.

**Call** the NICU at 314-577-5631 and speak with Lactation or your baby’s nurse to prearrange a time between 10 am to 4 pm to deliver the expressed breast milk to the hospital.

**Designate** an unexposed support person who will collect the expressed breast milk and take it to the NICU for you.

* Upon arrival to the hospital, please have your support person call the NICU to notify staff of their arrival.
* Staff Member will meet support person by the Security Guard Booth in the hospital parking lot.