**Suspected or Confirmed COVID-19 Mother’s Guide to Pumping and Transporting Breast Milk**

* 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 come into 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.