COVID19 PUI or CONFIRMED – BREAST MILK HANDLING AND TRANSPORTATION WHEN LACTATING PARENT AND BABY ARE SEPARATED

Main take-away points:
1. Patients may provide expressed breast milk when separated from their babies.
2. Patients are instructed in handwashing, and if possible wear a mask while pumping and handling expressed milk.
3. Milk containers are wiped cleaned and transported by staff to the baby.

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<th>Team members</th>
<th>Step</th>
<th>Action</th>
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| Lactating parent, with support person and/or Health Care Worker | 1 | Collect milk:  
- Clean the surface where the collection containers will be placed before and after pumping. Use a sanitizing wipe or spray.  
- Parent washes hands before expressing milk and puts on mask. Parent collects breast milk by hand or by pump into clean syringes or bottles.  
- Put a clean lid on the syringe/bottle promptly.  
- Wipe down syringe/bottle with sanitizing wipe (hand-sanitizing wipe or alcohol wipe).  
- Clean hands again. Label syringes/bottles as usual with patient stickers, date/time.  
- Place syringes/bottles into a clean plastic bag. |
| Inpatient lactating parent and two Health Care Workers | 2 | Transport of expressed milk in the hospitalized setting when lactating mother and baby are both inpatient:  
- To consolidate tasks, milk may be stored for 6 hours at room temperature or in a refrigerator in the patient’s room until a 2nd Health Care Worker can transport it to the baby’s location.  
- The parent’s Health Care Worker will alert the 2nd Health Care Worker that milk will be ready for transport prior to entering the patient’s room.  
- The parent’s Health Care Worker dons PPE per hospital policy for COVID-19 to enter the lactating parent’s room for patient care.  
- The Health Care Worker wipes down the outside of the plastic bag containing the syringes/bottles, and places it in the specimen container outside of the patient’s room following same principals as lab specimen delivery.  
- The 2nd Health Care Worker picks up the expressed milk outside of the patient’s room.  
  - Alternatively, if there is no specimen container outside the patient’s room, the 2nd Health Care Worker can receive the disinfected syringes/bottles into a clean bag held open outside of the patient room. (The 2nd worker does not enter the room).  
- The 2nd Health Care Worker alerts baby’s nurse before transport, and then walks the milk to the baby’s hospital unit. Coordinate patient care to include bringing expressed milk into baby’s room with other essential patient care activities or call ahead to ensure that baby’s Health Care Worker is already present in baby’s room, donned in PPE per hospital policy for COVID-19. |
| Baby’s nurse and 2nd Health Care Worker transporting expressed milk | 3 | In the baby’s hospital unit:  
- Baby’s nurse cleans work surface with sanitizing wipe, making a “clean” and a “dirty” area.  
- Receives the bag of expressed milk from 2nd Health Care Worker at the door.  
- Places syringe/bottles on the “dirty” surface.  
- Wipes the outside of the syringes/bottles with sanitizing wipe a second time, moving them to the “clean” area after cleaning.  
- Places milk in patient-specific refrigerator. |
| Patient and support person at home; Lactation Consultant and baby’s nurse at the hospital | 4 | When milk is being collected at home:  
- Send the family home with sterile milk collection bottles (multiple days’ worth).  
- Instruct family on labeling and storing milk. Remind lactating parent to wash their hands every time before pumping. If sneezing or coughing, wear a mask when pumping.  
- Lactating parent will pump into bottles (not soft-sided bags).  
- Support person at home will wipe bottles down with sanitizing wipes. If wipes are unavailable, use a solution of 1/8th teaspoon unscented household bleach in 2 cups of cool water. This solution expires after 24 hours.  
- Place bottles into a brown paper bag or clean plastic bag. |
| Health Care Worker, support person; baby’s nurse | 5 | Milk is brought to the hospital:  
- Coordinate drop-off schedule of expressed milk with family/support people between the hours of 0900-1600. No persons under investigation or COVID-19 positive are allowed to deliver milk.  
- Drop-off person will call baby’s RN when they are on their way to the Hospital.  
- Baby’s RN calls Lactation Consultant on 8.9602 to alert that milk is being delivered.  
- Lactation consultant (or other available health care worker) brings a clean bag for milk transfer.  
- Support person drop bottles of milk into the clean bag.  
- Bottles in clean bag are brought to the baby’s hospital unit.  
- This may occur outside at the entrance of the hospital if visitation is not permitted. See parent handout, “How to get your expressed breast milk to the NICU after you go home from the hospital when you have covid-19.” |

If hand sanitizing wipe unavailable, fresh solution of 1/8th teaspoon unscented household bleach in 2 cups of cool water can be used--this solution expires after 24 hours

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