



COVID-19

Breastmilk handling and breastfeeding COVID-19 positive mother or person under investigation (PUI)

Key points

- Mothers who are COVID-19 positive, or are a person under investigation, may provide expressed breast milk.
- Mothers who are direct breastfeeding their infants, and cannot pass the wellness screening for visitation, will be offered support to express their milk until the criteria for return to visitation has been met.

Step	Action
1 (MBC)	<p>Patient education with emphasis on:</p> <ul style="list-style-type: none"> • Excellent hand hygiene, especially immediately before touching infant or breast • Keeping breasts covered to minimize contamination from respiratory secretions <ul style="list-style-type: none"> ◦ If breasts become contaminated, wash breasts with soap and water, or take a shower • Wearing a mask during collection of colostrum/milk <p>(Note: Hand hygiene and cough etiquette teaching are essential for all family members both in hospital and at home, including teach back)</p>
2 (MBC)	<p>Milk collection</p> <ul style="list-style-type: none"> • Collect breast milk every 3 hours, or 8 times per day • Mother should wash hands, and don mask and gloves prior to expressing breast milk • Wipe surface with germicidal wipe and cover with a clean paper towel or cloth where milk collection container will be placed after expression • Once milk collected, cap collection container and make sure cap is secure • Wipe down outside of collection container with germicidal wipe • Label collection container as per standard • Milk containers should be placed in biohazard bag for transport to NICU • Second HCW is outside of the patient room. The 2nd HCW performs hand hygiene and dons clean gloves to receive the disinfected milk collection containers into a clean biohazard bag. Call NICU before transporting milk.
3 (Inpatient Unit)	<p>Receiving milk from post-partum unit</p> <ul style="list-style-type: none"> • Don PPE and enter infant's room • Clean work surface with germicidal wipe • Lay out linen for received containers • Receive the bag of breast milk from MBC at the room door (MBC should call before bringing milk) • Wipe the outside of the milk collection container with a germicidal wipe and allow to dry before one of the following:



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	<ul style="list-style-type: none"> ○ Placing in refrigerator ○ Feeding to infant ● If milk needs to be frozen, have 2nd HCW outside of room. The 2nd HCW performs hand hygiene and dons clean gloves to receive the disinfected milk collection containers into a clean biohazard bag. <ul style="list-style-type: none"> ○ Milk may be placed in communal freezer until ready for use. ● Clean work surface with germicidal wipe
4 (Inpatient Unit)	<p>Receiving milk from at-home mother</p> <ul style="list-style-type: none"> ● Mother should be given collection containers, and biohazard bags, and labels ● Mother expresses milk into collection containers ● After pumping, support person at home wipes collection containers down with germicidal wipes and places containers into a biohazard bag ● Milk brought to hospital <ul style="list-style-type: none"> ○ Consider if staff is available, lactation nurse/designee to meet support person at car with clean bag. Support person drops containers of milk into clean bag. ○ Containers are brought to the Inpatient Unit ○ RN dons PPE and enters infant's room ○ Clean work surface with germicidal wipe ○ Lay out linen for received containers ○ Wipe the outside of the milk collection bottle with a germicidal wipe and allow to dry before one of the following: <ul style="list-style-type: none"> ▪ Placing in refrigerator ▪ Feeding to infant ○ If milk needs to be frozen, have 2nd HCW outside of room. The 2nd HCW performs hand hygiene and dons clean gloves to receive the disinfected milk collection containers into a clean biohazard bag. <ul style="list-style-type: none"> ▪ Milk may be placed in communal freezer until ready for use. ○ Clean work surface with germicidal wipe
5 (Inpatient Unit)	<p>Breastfeeding mothers</p> <ul style="list-style-type: none"> ● Mothers who have a known exposure to COVID-19, but pass the wellness screening <ul style="list-style-type: none"> ○ May still breastfeed <ul style="list-style-type: none"> ● Mothers are required to wear a mask during their visit whether breastfeeding or not according to the visiting guidelines. This includes during the breastfeeding session. ● In addition to the mask, mother should be instructed to perform hand hygiene prior to the breastfeeding session. ● If mother is concerned about possible breast contamination from respiratory sections, she should be instructed to wash her breasts before the breastfeeding session begins.



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	<ul style="list-style-type: none">• Mothers who do not pass the wellness screening<ul style="list-style-type: none">○ Breastfeeding will be suspended○ Mother will be offered support to express her milk until the criteria for return to visitation has been met
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3/26/20 Contact for revisions Jennifer Rivera, APRN, CNS