What else can I do to lower the chances my baby is exposed to COVID-19 while providing my milk?

Remember that all germs, including COVID-19, can get into pumped milk, even if they do not start off in the breast itself. Here are several precautions you can take.

- **Wash your hands with warm, soapy water or an alcohol hand sanitizer before you start to pump or handle milk collection equipment.** Germs from your hands can get into the pumped milk even if they are not in the milk beforehand.

- **Make sure your breast pump collection kit is as clean as possible.** Wash your collection kit with warm, soapy water after each use, then rinse it with clear water, then air-dry it away from other dishes or where family members might touch the pieces. Sanitize your kit at least once daily with a microwave steam bag, by boiling in a pot on the stove, or in the dishwasher (Sani-cycle).

- **Avoid coughing or sneezing on the breast pump collection kit and the milk storage containers.** This tip is especially important because COVID-19 is spread by coughing, sneezing and breathing.

- **Cleanse the outside of the breast pump before you use it.** Whether in your home or in the NICU, use a germ-killing wipe on the outside of the pump each time you use it.

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