

Disinfect Breastmilk Containers for Moms with COVID-19

These instructions are for moms with COVID-19 who pump breastmilk for their baby. After a mom has recovered and/or is released from home isolation, they no longer need to do this. Stay home and away from others until:

- You do **not** have a fever for at least 3 days without taking medicine that lowers fevers
- Other symptoms are better, such as cough or shortness of breath
- It has been at least 7 days since your symptoms first started

In the Hospital

Mom will:

1. Clean hands with soap and water for at least 20 seconds, or alcohol-based hand sanitizer with at least 60% alcohol.
2. Pump milk into the container you were given at Stead Family Children's Hospital.
3. Place lid on or seal the container before disinfecting it.

A nurse will:

4. Wear droplet, contact, and eye personal protection equipment (PPE)
5. Call for a second hand off person to put on gloves and stand outside the door.
6. Set the bottle down on a clean surface near the door.
7. Take off 1 glove.
8. Open the door with the ungloved hand.
9. Use the gloved hand to pick up the bottle and pass to the hand-off person.
10. Close the door with the ungloved hand.
11. Put on a new glove and do other cares.

The hand-off person:

1. Takes and wipes down the container with a PDI bleach wipe (gold top) or other solution with at least 1000 ppm sodium hypochlorite.
2. Let the cleaning solution air dry.
3. Takes off their gloves and cleans their hands.
4. Rinses the container with tap water to remove or dilute any bleach.
5. Dry the container and put in a clean plastic bag labeled with the **baby's name** and "**Disinfected and Rinsed.**"
6. Keep the plastic bag in a refrigerator with a breast milk storage area.

At Home

1. Clean your hands with soap and water for at least 20 seconds, or alcohol-based hand sanitizer with at least 60% alcohol.
2. Pump milk into the container you were given at Stead Family Children's Hospital.
3. Place lid on or seal the container before disinfecting it.
4. Have a healthy caregiver clean their hands and put on gloves (if you have some).
5. Have the healthy caregiver wipe the container with a PDI bleach wipe or other solution with at least 1000 ppm sodium hypochlorite.
 - **A 1000 ppm solution can be made by mixing 4 teaspoons of bleach into 1 quart (4 cups) of water.** Make sure you have proper ventilation when making and using the solution. It can be sprayed or wiped on the milk containers.
 - Check to be sure the product has not expired.
 - Never mix household bleach with ammonia or any other cleanser.
6. **Let the cleaning solution air dry.**
7. The healthy caregiver takes off their gloves and washes their hands.
8. **Rinse the milk container with tap water to remove or dilute any bleach.**
 - Solutions with greater than or equal to 1000 ppm sodium hypochlorite are needed to disinfect the surface from coronavirus. PDI Sani-Wipes with Bleach are 6300 ppm sodium hypochlorite. The FDA only approves 200 ppm sodium hypochlorite solutions as sanitizers on food surfaces. So, you must rinse the container after it is disinfected to lower the levels of bleach to be food-safe.
9. Use the milk right away, or put it in the refrigerator or freezer.

If baby is at home:

- It is safest for a healthy care giver to feed baby using stored milk.
- Store any milk that is not needed for a feeding right away in the refrigerator for 4 days or freeze it.

If baby is in the hospital:

1. **Put the container in a clean plastic bag labeled with the baby's name and "Disinfected and Rinsed"** after it is dried.
2. Keep the milk in a refrigerator before you bring it to the hospital.
3. Put the milk in a sealed bag then in a small cooler with cool packs.
4. **A healthy person must bring the milk to the hospital.** If they can visit baby, they can bring the milk to the NICU during a visit. Give it to baby's nurse. If they cannot visit, they should:
 - Park in Ramp 2.
 - Go through the screening at Stead Family Children's Hospital main entrance.
 - Ask the Guest Services staff at the Information Desk to call they baby's unit. Tell them the milk is ready to be picked up.
 - Staff will meet you at the desk. They will make sure the milk label is right.
 - The person delivering the milk then puts it in a belongings or other bag. Keep the milk in the sealed and labeled bag.