

COVID19 PUI – BREAST MILK HANDLING AND TRANSPORTATION

Checklist to be used for collection and transport of breast milk of patients that are being ruled out or have confirmed COVID19, when the patient's newborn is in NICU. **MAIN POINTS:**

1. Patients may breastfeed and provide expressed breast milk to NICU babies.
2. Patients are instructed in hand-washing, mask and gloves. No need to wash breasts.
3. Milk containers are wiped cleaned and transported by staff to NICU.

Team member	Step	Action
Postpartum patient and their support person after training, with patient's health care worker (HCW)	1	<p>Patient education, emphasizing:</p> <ul style="list-style-type: none"> • Perform excellent hand hygiene, especially immediately before touching baby or breasts. • Keep breasts covered so they don't become contaminated from respiratory secretions. (If breasts do become contaminated with respiratory secretions, wash breasts with soap and water, a germicidal disposable wipe designed for hands, or take a shower.) • Wear a mask during breastfeeding or collection of colostrum/milk. <p>(NOTE: Hand hygiene and cough etiquette around these activities are essential for all families and should be taught with teach-back for all patients to do both in hospital and at home).</p>
Postpartum patient, support person, and/or HCW	2	<p>Collecting milk:</p> <ul style="list-style-type: none"> • Breast milk is collected every 3 hours, or 8 times a day. Patient washes hands before breastfeeding or expressing milk, and puts on mask and gloves. • Wipe the surface where syringes/bottles will be placed after collection with a germicidal disposable wipe, and cover surface with clean paper towel or cloth. • Patient collects breast milk by hand or by pump into clean syringes or bottles.
Same as above	3	<p>Cleaning the outside of the breast milk container:</p> <ul style="list-style-type: none"> • Ensure syringe/bottle cap is secured. • Wipe down syringe or bottle with germicidal disposable wipe.
Same as above	4	<p>Getting milk ready for transport:</p> <ul style="list-style-type: none"> • Label syringes or bottles as usual with patient stickers, date/time. • Place breast milk in biohazard bag. • Unless needed in the NICU immediately, milk may be stored in patient's room refrigerator until HCW staff can walk it down to the NICU. DO NOT PUT BREAST MILK IN PNEUMATIC TUBE SYSTEM
Patient' RN with a 2 nd HCW	5	<p>When ready to transport milk to the NICU:</p> <ul style="list-style-type: none"> • Patient's RN dons PPE and retrieves milk from the biohazard bag from patient's room. • 2nd HCW is outside of the patient room. The 2nd HCW does hand hygiene and dons a clean set of gloves to receive the disinfected syringes/bottles into a clean bag. • Patient's HCW alerts baby's NICU nurse before transport, and then walks the milk to the NICU.
NICU RN with mother's HCW	6	<p>In NICU:</p> <ul style="list-style-type: none"> • NICU RN: <ul style="list-style-type: none"> ○ Don PPE and enters baby's room. ○ Clean work surface with sanitizing wipe. ○ Receive the bag of breast milk from MBU HCW at the door. ○ Wipe the outside of the syringe or bottle with sanitizing wipe and allows it to dry before placing in refrigerator or feeding to baby.
Patient and support person at home; Lactation RN and NICU RN at the hospital	7	<p>Milk is coming in from home:</p> <ul style="list-style-type: none"> • Send family home with sterile milk collection bottles (multiple days' worth) and biohazard bags. • Instruct Mom on labeling and storing milk; highlighting milk storage times. Remind her to wash her hands every time before pumping. If sneezing or coughing, wear a mask when pumping. • Mom will pump into bottles. • Support person at home wipes bottles down with sanitizing wipes if available (or a fresh solution of 1/8th teaspoon unscented household bleach in 2 cups of cool water- this solution expires after 24 hours). Place into biohazard bag. • Milk is brought to the hospital: <ul style="list-style-type: none"> ○ Consider if staff is available, lactation nurse to meet at car with clean bag. Have support person drop bottles of milk into clean bag. ○ Bottles are brought up to NICU. ○ NICU RN lays out linen for "dirty" bottles ○ Use sanitizing wipes for a second cleaning. ○ Place on linen for "clean" bottles. ○ Store bottles in NICU patient room. ○ Clean work surface with sterilizing wipe.