

## Lactation and COVID-19

### Enhanced Services for UCI Lactation Rooms

To support UCI employees as we begin re-engaging on-site operations at the UCI Campus, additional cleaning protocols for lactation rooms have been established. Beginning in June 2020, UCI Campus lactation rooms will receive the following services:

- Trash service: 5 days per week
- Wipe and disinfect high touch points: 5 days per week 2 times per day
- Spraying of disinfectant: 5 nights per week

### Recommendations During Pregnancy

Those who are pregnant may be at an increased risk for severe illness from COVID-19.

Take precautions to protect yourself when interacting with others:

- Do not skip your prenatal care appointments or postpartum appointments. If you are concerned about attending your appointment due to COVID-19, talk to your healthcare provider. Virtual visits can be an effective way to get the care you need while still practicing the prevention of spreading this disease.
- Call your healthcare provider if you have any questions related to your health. If you don't have a healthcare provider, contact your nearest community health center or health department.

### Recommendations for Breastfeeding

At this time, there is limited data regarding whether the virus will pass through a mother's milk. To start or continue breastfeeding should be determined by the mother in coordination with her family and healthcare providers. A mother with confirmed COVID-19 should take precautions to avoid spreading the virus to her infant, such as frequent handwashing or wearing a cloth face covering while breastfeeding.

### Best Practices in Public

Pumping your milk is one way to provide breast milk to your baby. However, germs can grow quickly in breast milk or breast milk residue that remains on pump parts. Following these steps can keep your breast pump clean and help protect your baby from these germs:

- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds.
- Inspect whether the pump kit or tubing and discard and replace immediately if the tubing has become moldy or soiled during storage. Clean pump dials, power switch, and countertop with disinfectant wipe.
- Store milk safely. Cap milk collection bottle or seal milk collection bag, label with date and time, and immediately place in a refrigerator, freezer, or cooler bag with ice packs.
- Rinse breast pump parts that under running water to remove remaining milk. As soon as possible after pumping, thoroughly clean pump parts by hand in a wash basin or in a dishwasher.
- For additional protection, sanitize pump parts at least once daily. Sanitizing is especially important if your baby is less than 3 months old, was born prematurely, or has a weakened immune system.

## Best Practices at Home

According to the CDC, mother-to-child transmission of coronavirus during pregnancy is unlikely, but after birth, a newborn is susceptible through person-to-person contact. If you are caring for children, you can teach them everyday steps (such as proper handwashing) to help them stay healthy and, in turn, help protect yourself and your family.

To ensure everyone's safety:

- If you are sick, have someone who is not sick feed your breast milk to your baby
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- Wash your hands before touching your baby
- Wear a face cloth covering while breastfeeding or pumping
- Wash all breast pump or bottle parts after using

*(Sources: If You Are Pregnant, Breastfeeding, or Caring for Young Children, How to Keep Your Breast Pump Kit Clean: The Essentials, Care for Breastfeeding Women, How to Protect Yourself & Others)*

For additional resources and support, visit the UCI HR Wellness Website at [hr.uci.edu/wellness](https://hr.uci.edu/wellness)