



Breastfeeding Support Program Covid-19 Guidelines

(In correspondence with CDC, OSHA, and BFSP Certified Lactation Consultant)



- **Wash your hands** frequently with soap and water for at least **20 seconds** or use hand sanitizer that contains **at least 60% alcohol**
- **Avoid touching** your nose, eyes, and mouth with unwashed hands



- **Clean and disinfect** the breast pump, table, chair, and other surfaces (before and after use) with disinfectant wipes
- **Dispose** wipes in the trash bin



- **Wear a face covering** in public areas and in the lactation room as it is a shared space
- **Maintain 6 feet of distance** between yourself and others
- **Cover coughs and sneezes** with a tissue or the inside of your elbow, then immediately wash or sanitize your hands

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>
<https://www.osha.gov/Publications/OSHA3990.pdf>

