

Breast Milk Expression Guide for Patients With the Flu or COVID-19

Breast milk is important to your baby's growth and development. It provides needed nutrition. Breast milk also aids digestion and helps prevent allergies and infections. We are here to support your efforts to feed your baby breast milk.

*If you have any
questions, please
ask your nurse.*

Each time you pump, follow these guidelines:

1. Place a mask over your mouth and nose.
2. Wash your hands with soap and water.
3. Pump or hand express your milk into the bottles provided by your nurse. If you need help with pumping or hand expressing, please ask your nurse.
4. When you are finished pumping, place the cap on the bottle. Call your nurse. Throw your mask in the trash.
5. The nurse will wipe the outside of the milk bottle and label it with your name, and the date and time you pumped.
6. We will keep your milk in a special refrigerator in the nursery until your baby is ready to eat.

Watch the video "*Hand Expression*" at firstdroplets.com/downloads.

