

*This document is not to be construed as medical advice. Please consult your medical provider with any questions.
Please do not cut and paste anything as this document is being updated regularly.*



Dearest members of the Eats on Feets network,

The Covid-19 pandemic raises many questions with regard to breastmilk and breastfeeding. Please see the [current WHO recommendations](#) and [this resource](#) from the United States Breastfeeding Committee for more information.

In short

As always, follow the [Four Pillars of Safe Breastmilk Sharing](#). Frequently wash hands, face, objects, and surfaces that come into contact with breastmilk before and after handling.

During Times of Social Distancing, consider:

- Donor to follow official guidelines and refrain from transporting breastmilk.
- Recipient to follow state guidelines and cite baby food as a vital need.

During Times of Quarantine

If a member of a donor household has been quarantined due to infection, suspected infection, or exposure, milk should not be donated.

If a member of a recipient household has been quarantined, the recipient suggestions still apply.

Recipients:

It is incumbent upon the recipient family to communicate and ensure that safety guidelines are followed to the extent needed to meet their baby's needs. As always, use donor milk at your discretion. If your baby is immuno-compromised or has underlying health conditions, it is extremely important that you give serious consideration to the most appropriate food for your baby.

- Wash high traffic areas in your home at least once per day.
- Wash your hands before leaving your home.
- Wash doorknobs of home and car.
- Communicate with the donor to leave donations at a safe distance from the front door.
- Place a clean towel on the seat of the car where you plan to place the milk. Do not set the milk on the floor of the car.
- Once home, use light soapy water to wipe off the bags of milk, rinse with water.
- Store as you normally would.
- Consider [pasteurizing](#) the breast milk using the Holder method before feeding it to the baby. Studies have documented complete heat inactivation of genetically similar viruses. We closely follow milk bank releases for the latest information.

Donors:

- Wash high traffic areas in your home at least once per day.
- Wash baby's hands and face prior to breastfeeding if pumping at the same time.
- Wash your breast prior to pumping.
- Wash hands and equipment prior to pumpings.
- Wash hands and equipment after pumping.
- Wash down milk bags and transport carriers (paper bags or cardboard boxes preferred).
- Wipe handles of doors and doorbells (better: text your donor upon arrival).
- Place the transport-container 6ft from the door, on a clean cloth.

Until we have a greater understanding, consider:

- Not breastfeeding someone else's child, ie wetnursing, unless this regards a live-in situation and healthy wetnurse.
- Not offering to transport/meet for milk exchange but have the recipient family pick up outside of your house.
- Wiping down the container or bag before putting in their car.
- Refraining from milk sharing if you have any of the following symptoms: cough, difficulty breathing, chest pain, fever, flu-like symptoms such as chills, headache, muscle aches.

If there have been no reports of Covid-19 or no social distancing has been required, consider:

- Asking if the donor has traveled to an area affected by Covid-19 within the past 4 months.
- Asking if the donor has, directly or indirectly, been in contact with a suspected or confirmed case of Covid-19.
- Asking if the donor or recipient has any of the following symptoms: cough, difficulty breathing, chest pain, fever, flu-like symptoms such as chills, headache, muscle aches.

Without having any evidence to the contrary and no virus having been detected in breastmilk, it is our current position that breastmilk-sharing during this COVID-19 pandemic **can** be done safely when proper procedures are used. We trust in the informed-choice process of breastmilk-sharing families who are dedicated to the safety of their children and we trust that community-based milksharing allows for swift action in order to "flatten the curve" of the COVID-19 spread. Milksharing involves fewer individual human-touch-points than does formula or milk and milk-type products, even when using a delivery service.

Clinical Management

[HMBANA's Milk Handling for COVID-19 Positive or Suspected Mothers in the Hospital Setting](#)

[World Health Organization's Clinical Management of Covid-19](#)

Be safe. Be healthy. Be love.

Shell and Maria.