

# Safely Disinfect Breastmilk Containers at Home and Bring to the Hospital

## Disinfect the Container

1. Clean your hands with soap and water for at least 20 seconds, or alcohol-based hand sanitizer with at least 60% alcohol.
2. Pump milk into the container you were given at Stead Family Children's Hospital.
3. Place lid on or seal the container before disinfecting it.
4. Have a healthy caregiver clean their hands and put on gloves (if you have some).
5. Have the healthy caregiver wipe the container with a PDI bleach wipe or other solution with at least 1000 ppm sodium hypochlorite. The solution can be sprayed or wiped on the milk containers.
  - **A 1000 ppm solution of sodium hypochlorite can be made by mixing 4 teaspoons of bleach into 1 quart (4 cups) of water.** Make sure you have proper ventilation when making and using the solution.
  - Check to be sure the product has not expired.
  - Never mix household bleach with ammonia or any other cleanser.
6. **Let the cleaning solution air dry.**
7. The healthy caregiver takes off their gloves and washes their hands.
8. **Rinse the milk container with tap water to remove or dilute any bleach.**
  - You need to rinse the container well to lower the bleach levels to be food-safe.
9. **Dry the container and then put it in a clean plastic bag labeled with the baby's name and "Disinfected and Rinsed."**

## Bring the Milk to the Hospital

1. Keep the milk in a refrigerator before you bring it to the hospital.
2. Put the milk in the sealed bag into in a small cooler with cool packs.
3. **A healthy person must bring the milk to the hospital.** They should:
  - Park in Ramp 2.
  - Go through the screening at Stead Family Children's Hospital main entrance.
  - Ask the Guest Services staff at the Information Desk to call they baby's unit. Tell them the milk is ready to be picked up.
  - Staff will meet you at the desk. They will make sure the milk label is right.
  - The person delivering the milk then puts it in a belongings or other bag. Keep the milk in the sealed and labeled bag.

Thank you for pumping milk for your baby during this time. Each drop is a gift.