



Lactation Room Checklist

COVID-19 Best Practices



The safety and sanitization of lactation spaces is a top priority for employees. Employers need to strike a balance between having enough room availability to accommodate everyone who needs to pump and maximizing the cleanliness of the pumping space(s). Each pumping session will take longer during the time of COVID-19, which means you may need to reassess whether your current spaces are sufficient. While each nursing mother should expect to spend some time ensuring the pump space is clean before and after her sessions, it's important for your organization to also evaluate your cleaning procedures for the pumping rooms and look for ways to optimize.

Must Haves

- Clearly defined cleaning and sanitization process
 - Sink in close proximity (ideally with touchless faucets)
 - Hand soap (ideally with a touchless dispenser)
 - Hand sanitizer
 - Paper towels
 - Disinfectant wipes & sanitation supplies
 - Adequate ventilation
- (if ventilation is limited, a HEPA filter strong enough to filter the volume of room air in 5-10 minutes is recommended)*
- Masks
 - Trash Can

Highly Recommend

- Updated COVID-19 Lactation Accommodation Policy
 - Disposable gloves
 - Refrigerator or cooler for milk storage
- (2020 California Lactation Accommodation Law requires this)*
- Separate, individual places for pump and kit storage for each user
 - Upholstery-free furniture that is easy to wipe down and sanitize

Things to Consider

- Pumping rooms should be deep cleaned daily.
- Things to sanitize include: chair, table surfaces, sinks, doorknobs and handles, counters, and floors.
- Having single-occupancy pumping rooms will minimize the chance of person-to-person spread. If this is not feasible, then pumping spots should be a minimum of 6 feet apart, and women should be instructed to wear masks. Alternatively, if 6 feet apart is not practical, you can install plexiglass to separate pumping spaces into cubicles.
- If the pumping room does not have adequate ventilation or an installed HEPA filter, the room should be blocked off for 3 hours between users.
- The use of masks and strict hand-washing with soap and water for 20 seconds before and after pumping are important measures to minimize the chance of transmission.

