



University of California  
San Francisco

# Integrate current CDC guidelines to develop safe workplace lactation spaces

Pandemic Considerations for Lactating Workers in California

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# Lactation Room Safety in the Context of COVID19

## 3 Step Process

1

**Compare** CDC Guidelines: *Care for Breastfeeding Women\**, *How to Keep your Breast Pump Kit Clean*, and *Cleaning and Disinfecting Your Facility*.

2

**Integrate** CDC recommendations into CA State workplace lactation accommodations.

3

**Examine & Discuss** areas that need enhancements.

2 \*Using inclusive and nongendered lactation terminology is preferred.

# Compare CDC Guidelines & Recommendations

# CDC Guidelines & Recommendations

## 3 CDC Guidelines

### Care for Breastfeeding Women\*

Recommends guideline for Disinfecting Facilities for workplace lactation rooms

Recommends guideline on how to properly clean and sanitize breast pumps

Wash hands before touching pump or bottle parts and clean all parts after each use

Wear cloth masks



### How to Keep Your Breast Pump Kit Clean

Wash hands with soap and water for 20 seconds or apply hand sanitizer before and after expressing

Clean dials, power switch, and countertop with disinfectant wipe



### Cleaning and Disinfecting Your Facility

Wash hands with soap and water for 20 seconds or apply hand sanitizer.

Clean high touch surfaces including tables, doorknobs, light switches, countertops, handles, sinks, dials

Soft surfaces to be laundered or disinfected using EPA disinfectants

More frequent cleaning and disinfection



# Integrate CDC recommendations into workplace lactation accommodations

# Integrate CDC Guidelines into CA Labor Code 1030-1034

(a) An employer shall provide an employee with the use of a room or other location for the employee to express milk in private.

- Follow CDC Care For Breastfeeding Women\*
- More frequent cleaning and disinfecting
- Wear cloth mask



(b) A lactation room or location shall not be a bathroom and shall be in close proximity to the employee's work area, shielded from view, and free from intrusion while the employee is expressing milk.

- Soft surfaces to be laundered or disinfected using EPA disinfectants
- Employers would provide breastfeeding employees with a private, non-bathroom space for milk expression.



(c) (1) Be safe, clean, and free of hazardous materials, as defined in Section 6382.

- More frequent cleaning and disinfecting
- Provide disinfecting wipes
- Follow CDC Guidelines for Cleaning and Disinfecting Your Facility
- Wear cloth mask



# Continued Integrate CDC Guidelines into CA Labor Code 1030-1034

(c) (2) Contain a surface to place a breast pump and personal items. (3) Contain a place to sit

- Follow CDC Guideline for Cleaning and Disinfecting Your Facility
- Soft surfaces to be laundered or disinfect using EPA disinfectants



(c) (4) Have access to electricity or alternative devices, including, but not limited to, extension cords or charging stations, needed to operate an electric or battery-powered breast pump

- Clean dials, power switch, and countertop with disinfectant wipe



(d) The employer shall provide access to a sink with running water and a refrigerator suitable for storing milk in close proximity to the employee's workspace.

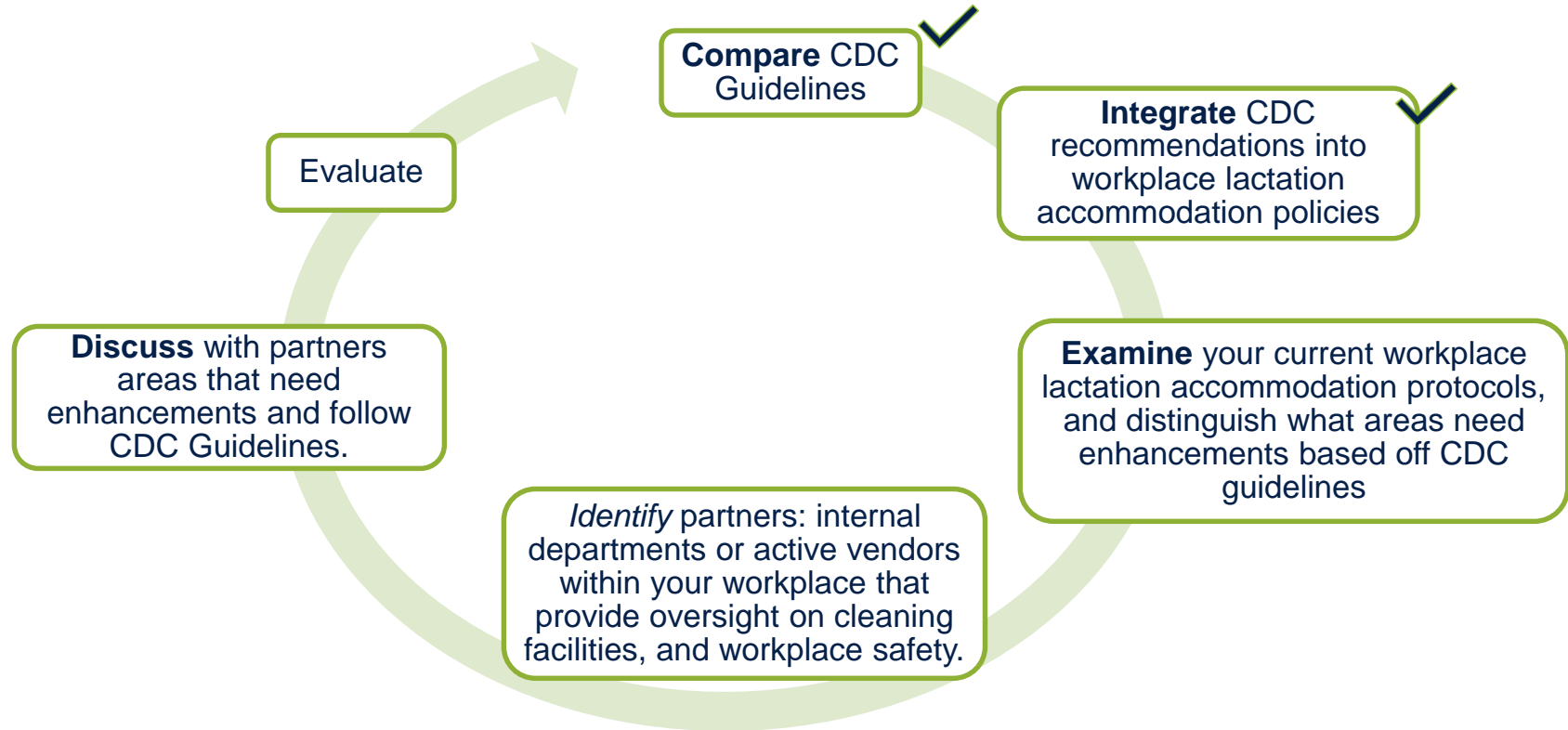
- Provide cleaning supplies: soap, paper towel, hand sanitizer
- Clean high touch surfaces including tables, doorknobs, light switches, countertops, handles, sinks, dials
- Wash hands with soap and water for 20 seconds or apply hand sanitizer.



# Examine & Discuss areas that needs enhancements



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Custodial Services - Frequencies of Service

Lactation Rooms\*

Daily	<ul style="list-style-type: none"> <li>• Trash bins and receptacles are emptied.</li> <li>• Dispensers are checked and filled as needed.</li> <li>• Large debris is removed from the floor and tile is dust-mopped, sprayed with disinfectant, and mopped thoroughly or vacuumed if carpet.</li> <li>• All surfaces are sprayed with disinfectant and scrubbed.</li> <li>• Breast pump trolleys are sprayed with disinfectant and wiped.</li> <li>• Breast pumps are spot-cleaned. Towel is sprayed with disinfectant then wiped.</li> <li>• Floor stains are spot-cleaned with a wet mop.</li> <li>• Furniture is wiped with disinfectant spray.</li> <li>• Cabinet surfaces and refrigerator exterior are wiped with PDI wipes.</li> </ul>
Monthly	<ul style="list-style-type: none"> <li>• Interior of mini-refrigerator is wiped clean and disinfected.</li> </ul>
What to Expect	<p>Lactation room users are expected to keep area neat without leaving personal items behind. All lights work. Soap dispensers, faucets, door handles, and other fixtures are clean. All supplies including disinfectant wipes are stocked. Sinks and floor are all clean and disinfected.</p>

**Examine** areas that need enhancements based off CDC guidelines

*Identify* partners: internal departments or active vendors within your workplace that provide oversight on cleaning facilities, and workplace safety.

**Discuss** with partners areas that need enhancements and follow CDC Guidelines.

# Lactation Room *Welcome*



This room is reserved  
for lactation use only

Please report misuse: [lactationprogram@ucsf.edu](mailto:lactationprogram@ucsf.edu)



Please clean equipment and  
furniture before and after use  
with wipes provided



Thank you for being courteous  
by avoiding loud conversations and  
strong-smelling foods in shared spaces



Please be sure to take all  
personal items with you  
including pump parts

## LOCATION *(Required)*



Does this room need attention?

Location: SON 2T1



Report Now: [fixit.ucsf.edu](http://fixit.ucsf.edu)



Call: 415.476.2021

**UCSF** Facilities  
Campus Life Services

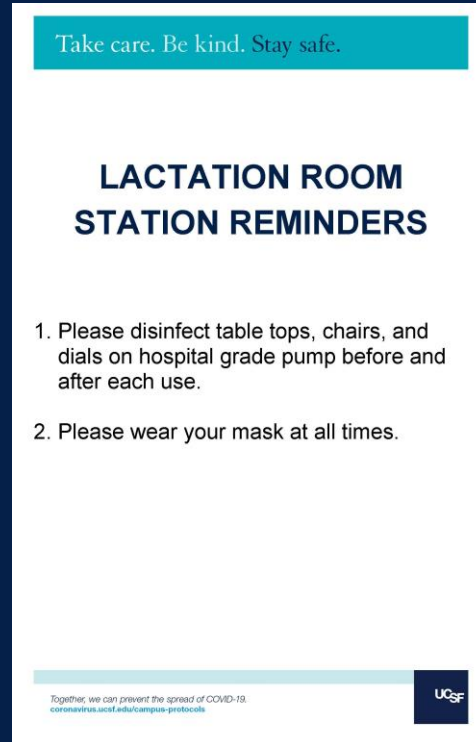
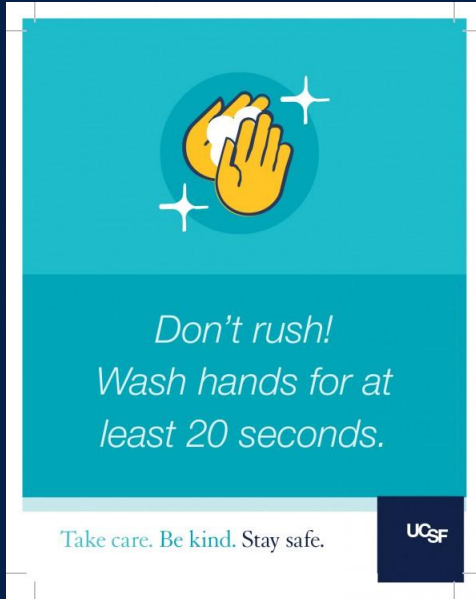


*“If expressing breast milk either by hand expression or with a breast pump, the mother\* should clean her hands, as instructed above, before touching any pump or bottle parts and wear a **cloth face covering.**”*

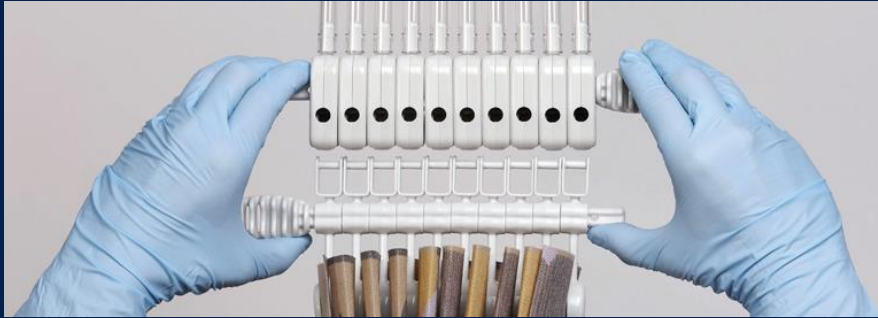
**CDC Guidelines**  
Care for Breastfeeding Women

# Lactation Room Signage

## In the context of COVID-19



# Lactation Room Curtain Upgrade



- Changed quickly, without ladder or special tools
- Patented technology minimizes risk and costs associated with cross contamination from pathogens
- Eliminates acquisition and replacement costs of standard curtains



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# Citations

- Center for Disease Control and Prevention (CDC). (2020, June 9). *Care for Breastfeeding Women*. Retrieved June 1, 2020, <https://www.cdc.gov/coronavirus/2019-ncov/hcp/care-for-breastfeeding-women.html>.
- Center for Disease Control and Prevention (CDC). (2020, April 14). *Cleaning and Disinfecting your Facility*. Retrieved June 1, 2020, <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>.
- Center for Disease Control and Prevention (CDC). (2019, May 20). *How to Keep Your Breast Pump Kit Clean: The Essentials*. Retrieved June 1, 2020, <https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>.