

Update and Guidelines for Lactation Room Users

University of Kentucky is committed to supporting lactation and to providing private accessible space for those who need it. As UK continues through the reopening phases, lactation rooms have and will remain open and users will have to follow new health protocols for COVID-19. In addition to hand hygiene, isolation of people with symptoms and careful attention to cleaning surfaces, the biggest impact is that all lactation rooms will now be single-user only spaces. Even rooms designed for multiple users will be single-use until UK moves into a later stage of reopening. We are working closely with all room owners, representatives and facilities teams to ensure rooms are cleaned and stocked with the necessary supplies.

Room owners and users will determine if a scheduling system is needed and will implement as they see fit, here are a few ideas:

1. Daily/Weekly paper calendars to be hung outside the room

2. Shared Google calendar

3. Shared Outlook Room calendar

4. And/or room users organize a system of their own

Signage will be posted in all rooms to indicate new guidelines and protocols. Room occupied signs will also be provided to post on the exterior of the room during use.

When using the lactation room:

* Practice proper personal hygiene
* Sanitize all surfaces before and after use

Practice good hygiene:

* Wash your hands before and after each pump session with soap and warm water for 20 seconds
* Wipe down frequently touched surfaces before and after each pump session
* Ensure hospital-grade pumps are properly wiped down before and after each use
* Follow protocol for cleaning accessory kits and parts
* Properly label and store expressed milk
* Do not use any parts other than your own

Supplies: Please do NOT remove any supplies from the lactation rooms.

Be mindful of the amount of wipes, sanitizer, and soap you are using; only use what is necessary

Useful Links

[UK Lactation in workplace](https://www.uky.edu/hr/work-life/resources-for-parents/lactation-in-workplace)

[UK COVID-19](https://www.uky.edu/coronavirus/)

[UK EHS COVID-19](https://ehs.uky.edu/covid-19_guidance.php)

[CDC COVID-19](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)

[CDC COVID-19 Pregnancy & Breastfeeding](https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html)

[CDC Proper Storage & Prep of Human Milk & Safe Cleaning Practices](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

[World Health Organization COVID-19](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)