**Update and Guidelines for Lactation Room Users**

Please be prepared to bring your own gloves, wipes, and supplies to lactation rooms during the COVID-19 outbreak.

Hopkins is committed to supporting lactation and to providing private accessible space for those who need it. Although most lactation rooms will remain open, it is possible rooms may close temporarily or experience changes in frequency of cleaning or restocking. Jeremy Hornberger, the Lactation Support Specialist, can be reached at: [jeremy@jhu.edu](mailto:jeremy@jhu.edu) but is not completing onsite visits until the emergency-period is over. This update is provided to keep you informed.

1. **Room Access**

You will still be able to access most rooms upon registration with your ID badge. We also have a number of rooms that only require a key code for access and we have included those rooms here, please register to receive key code information.

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>ROOM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bloomberg Children’s Center</td>
<td>4th Floor, Room 4462</td>
</tr>
<tr>
<td>Halsted</td>
<td>Ground Level, Room B-186</td>
</tr>
<tr>
<td>Nelson Building</td>
<td>2nd Floor, Room 2-104</td>
</tr>
<tr>
<td>Turner</td>
<td>Concourse, Room 2</td>
</tr>
<tr>
<td>Viragh Building</td>
<td>10th Floor, Room 10009</td>
</tr>
<tr>
<td>Weinberg Building</td>
<td>2nd Floor, Room 2339</td>
</tr>
<tr>
<td>Zayed Tower</td>
<td>6th Floor, Room 6-013</td>
</tr>
<tr>
<td>Mt. Washington Davis Bldg.</td>
<td>2nd Floor near Suite 210</td>
</tr>
<tr>
<td>1300 Thames St., JHI</td>
<td>2nd Floor</td>
</tr>
<tr>
<td>JH Health Care Hanover, MD</td>
<td>1st Floor</td>
</tr>
</tbody>
</table>

2. **Vending Machines**

We are unable to stock the machines at this time. If you need an item that is not available, we encourage you to purchase online if possible. Kits are available at these retailers:

- **Amazon**
  - Medela Symphony
  - Ameda Platinum

- **Walmart**
  - Medela Symphony
  - Ameda Platinum

3. **Cleanliness & Supplies**

   a. Please do NOT remove any supplies from the lactation rooms.
   b. Room cleanliness is of the utmost importance right now. We have guidelines listed below for best practice in personal hygiene and sanitation.
   c. Be mindful of the amount of wipes, sanitizer, and soap you are using; only use what is necessary.
   d. Be prepared to provide your own supplies.

4. **Flexibility**

Our goal is to keep rooms open, but you may see some rooms close temporarily depending on decision of individual building and facility managers during this highly unusual time. If you encounter a room that is closed, please let us know at [worklife@jhu.edu](mailto:worklife@jhu.edu).

Updated: 3/30/2020
a. It’s a good idea to register for more rooms than you need, so you have alternates if your preferred room is unavailable.
b. Talk to your supervisor or HR rep if you have questions.
c. You can also reach out to: worklife@jhu.edu for assistance.

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!

Important Contact Information:
- Benefits Service Center – Office of Benefits & Worklife – 410-516-2000 | worklife@jhu.edu
- Jeremy Hornberger, Lactation Support Specialist – jeremy@jhu.edu
- For questions or support regarding lactation or milk supply, please contact the JHH Lactation Warm Line: 410-502-3221 or JHHLactation@jhmi.edu.

Facilities Contacts:
- JHSPH Facilities – 410-955-3771
- JHH EVC – 410-955-8300
- JH Bayview – 410-550-0824
- JH HWD Facilities – 410-516-8063

Additional Information & Resources:
- Johns Hopkins Medicine COVID-19
  - https://www.hopkinsmedicine.org/coronavirus
- CDC COVID-19
- CDC COVID-19 Pregnancy & Breastfeeding
- CDC Proper Storage & Prep of Human Milk & Safe Cleaning Practices
  - https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm
- World Health Organization COVID-19

The World Alliance for Breastfeeding Action (WABA) has also compiled a comprehensive list of publications and resources (some already listed above) related to COVID-19 and breastfeeding, it can be found here: https://waba.org.my/coronavirus-disease-covid-19-and-breastfeeding/.

Additional Information and Resources:
https://hr.jhu.edu/lactation-support/