**Update and Guidelines for Lactation Room Users**

Hopkins is committed to supporting lactation and to providing private accessible space for those who need it. As Hopkins 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 Hopkins 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. As always, Jeremy Hornberger, the Lactation Support Specialist, can be reached at: jeremy@jhu.edu. This update is provided to keep you informed.

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:**

- Wear a mask
- Practice proper personal hygiene
- Sanitize all surfaces before and after use
- Keep at least 6 feet distance

**Room Registration:**

- Register online to receive room access and amenity information
- It’s a good idea to register for more rooms than you need, so you have alternates if your preferred room is unavailable
- Talk to your supervisor or HR rep if you have questions
- 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

Updated: 6/19/2020
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

Vending Machines
We will soon be able to restock the vending machines on a monthly basis. 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

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

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