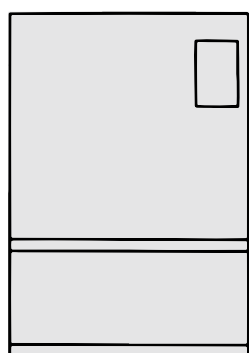




FIRST RESPONDERS PROVIDING EMERGENCY/DISASTER RELIEF

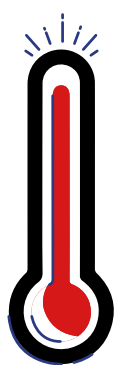
Pumping and Storing Guide

By Global Military Lactation Community



1 DOES YOUR WORK AREA HAVE A REFRIGERATOR?

Find out if your area of work will have a refrigerator/freezer. If not, plan to bring an insulated cooler with enough freezer gel packs/dry ice/double bagged frozen ice packs, to store expressed milk.



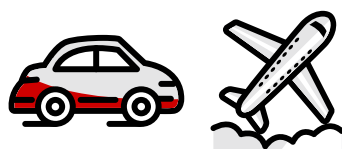
2 ROOM TEMPERATURE

Freshly expressed breastmilk can be kept at room temperature for 4-6 hours at temperatures up to 77°F or 25°C. If it will need to stay out longer than that, refrigerate it. Milk that was previously refrigerated should not stay out at room temperature for more than an hour.



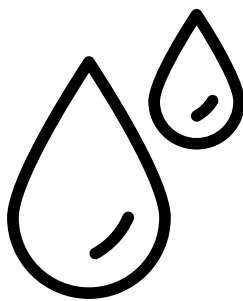
3 INSULATED COOLER

Freshly expressed milk can be kept cool in an insulated container cooler with freezer gel packs/dry ice packs when no refrigeration is available for up to 24 hours at 59°F or 15°C.



4 TRANSPORTING

Chill the milk that you pumped in the pump cooler bag or refrigerator first. Then transport expressed milk in the cooler bag. Dry ice can be used for long distance transportation. Use gloves when handling dry ice. Adequate ventilation is required when using dry ice in a vehicle. Once you are at your destination, immediately store expressed breastmilk into the back of the refrigerator or freezer.



5 NURSE OR PUMP

Once you are back with your nursing child, you can resume nursing or exclusively pumping until you are back to your normal routine.

THINGS TO CONSIDER

- **Communicate.** Once you find out you will be responding to an emergency, if possible, let your command know that you are still breastfeeding/pumping and you will need breaks to continue to do this.
- **Be prepared!** Research your location before arriving and check to see if there are refrigerators/outlets/electricity. If no information is available, assume there is none and plan accordingly. If you can, bring dry ice packs, small cooler bags, gloves, baby wipes, hand sanitizer, manual breast pump, milk storage bags, dish soap and bottled water. Baby wipes, to wipe any fluids you might have exposed yourself to.
- **Plan for the worse.** If all else fails and you can't bring anything, plan to hand express as often as possible, even if you can't save your milk. The most important thing is to try to deter any infections and maintain your milk production.

