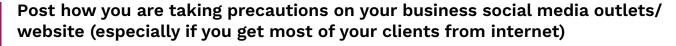# Guidance for Lactation Support in the Community

Lactation supporters – from peer support providers to IBCLCs – may provide lactation care during the COVID-19 pandemic. The following are tips and strategies for providing care in the community setting.

Post how you are taking precautions on your business social media outlets/ website (especially if you get most of your clients from internet)

Conduct telephone screening prior to home visit – see algorithm[1]

Follow cleaning practices for cleaning and disinfecting equipment
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
- Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Prepare a bleach solution by mixing[2]:
- 5 tablespoons (1/3rd cup) bleach per gallon of water or
- 4 teaspoons bleach per quart of water

Additional equipment to bring
- Pack a stack of paper towels in a ziplock bag to dry your hands.
- Non-latex gloves (easy to find and affordable - look for "nitrile")
- Alcohol-based sanitizer

Hygiene tips

- Require anyone who is ill to wear a mask. Outside of assessment, place as much distance as you can between yourself and the client and baby without interfering with care.

- Try to keep hands cupped together when not performing an assessment or documenting the visit. (This will prevent you from touching other things)

- Wash your hands obviously and regularly especially when you arrive to the home and before touching the parent or baby. Use hand sanitizer after touching computer, pen, paper or any parts of your body. If hands are visibly soiled, wash hands again.