

## Breastfeeding Tip



# keep breast milk safe

When you are away from home, you can store your freshly expressed breast milk in an insulated cooler bag with ice packs for **up to 24 hours**.

Put it into the refrigerator or freezer as soon as possible.



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## Consejo de lactancia



# almacena leche materna de forma segura

Cuando no estés en tu casa, puedes guardar la leche materna extraída en una bolsa térmica con bolsas de hielo durante **un máximo de 24 horas**.

Ponla en el refrigerador o en el freezer tan pronto como sea posible.



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