

store breast milk safely on the go

*Pump or express milk as often
as you would feed your baby:*

- 1) Wash your hands** before pumping.
- 2) Use clean containers** for storing breast milk.
- 3) If you do not plan to feed the expressed milk to your baby** within the next 4 hours:
 - store in an insulated cooler bag with ice packs for up to 24 hours
 - store in a refrigerator for up to 4 days
 - store in a freezer for up to 6 months



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