

# Breastfeeding and Returning to work



**Your free pack**

**Inside this pack you will find:**

**Cool bag**

**Ice block**

**Reusable water bottle**

## Storing Breastmilk

- Breastmilk is safe out of the fridge for up to 6 hours if room temperature is less than 26C
- If room temperature is above 26C store in a cool bag with an ice block up to 24 hours
- If putting into a fridge at work or at home it can be stored up to 5 days as long as fridge temperature is at or below 4C

For further information and support visit:

[www.publichealth.hscni.net/publications](http://www.publichealth.hscni.net/publications) and search 'Breastfeeding'

The following websites detail additional support:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/>

<https://www.abm.me.uk/wp-content/uploads/COVID-19-Free-resources-8.pdf>