

Instructions for diluting household bleach solution to disinfect breast pump and any surface where breast milk is prepared:

- 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water
- Wet and wring out a clean rag with bleach solution
- Wipe off the outside of the breast pump and surface where breast milk is prepared.
- Leave solution on the surface to dry for at least 1 minute before use.
- Wash hands immediately after cleaning.

Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

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