



DPBH SUPPORTS NURSING MOTHERS!

WHAT CAN WE PROVIDE AND WHAT SHOULD YOU KNOW

Expressing Room:

- The location must be functional as a space for expressing breast milk. It may be an established space or a temporarily created space but must be available as needed by the nursing mother.
- A bathroom, even if private, is not a permissible location.
- Comfort measures are expected. Consider comfort of chair, temperature, lighting, privacy, etc. Communicate your needs!

Lactation Schedule:

- Managers and supervisors are responsible to provide “reasonable break time for an employee to express breast milk for her nursing child for 1 year after the child’s birth...”
- These times and durations will vary.
- Break times may be paid or unpaid
- For more information on break times for nursing mothers: <https://www.dol.gov/whd/regs/compliance/whdfs73.htm>

Breast milk storage:

- A convenient, hygienic refrigerator in the workplace must be made available.

For information on the benefits of breastfeeding:

<https://www.womenshealth.gov/breastfeeding/making-decision-breastfeed>

MORE TO KNOW

Expressing Location: Work with your supervisor and HR to establish a location that works best for you!

Lactation Schedule: This will depend on your work schedule and needs. Keep supervisors informed of changes

Storage: Acceptable storage will be arranged. It may be an existing or temporary refrigerator.

Ask for the support you need. We want to help!

TO REPORT CONCERNS:

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Management/Supervisor Acknowledgment of Understanding:

Manager/Supervisor Name: _____

Signature: _____