

# You have the right to pump breastmilk at work in New Jersey.

**Your employer must allow reasonable break time to pump your milk if you ask for it.**



Most employees need 15-20 minutes to express breast milk, plus time to wash hands, set up and store their pump, and store the milk. The break time can be unpaid time.

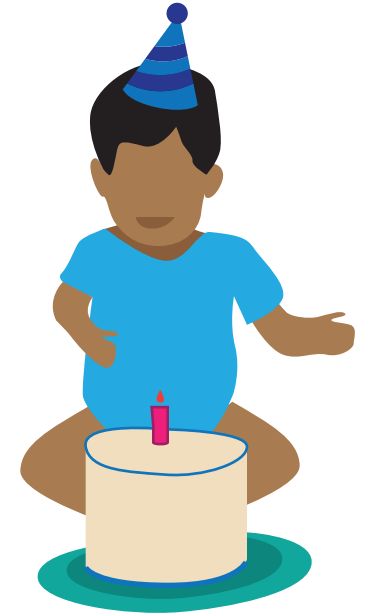
**Your employer must also provide a private place, close to your work area, for you to pump. IT MAY NOT BE A BATHROOM.**



It must have a chair, a shelf or table for holding the pump and a door which can be locked from the inside.



**You may need to take a break to pump at least every 3 hours, especially if your baby is less than six months old.**



**The right to pump at your job lasts as long as you are breastfeeding your child, even beyond 1 year.**

**If your rights have been violated, you can file a complaint with the New Jersey Division on Civil Rights (NJDCR) at [NJCivilRights.gov](http://NJCivilRights.gov) or call 973-648-2700.**



For more information, visit the New Jersey Breastfeeding Coalition website: [breastfeedingnj.org/breastfeeding-and-employment/](http://breastfeedingnj.org/breastfeeding-and-employment/)