FORMULA FEEDING YOUR INFANT DURING COVID-19

What should I know about formula feeding?

- Try to have enough formula on hand for three to four weeks.
- Supplies may be lower than usual.
- Formula should not be diluted with extra water.

I am breastfeeding and formula feeding. What should I do?

- Your baby will get more of the benefits of breastmilk, such as the protection it provides against illnesses.
- If possible, breastfeed for the majority of your baby's feeds.
- Homemade formula is not safe for your baby.

How do I keep my baby safe while bottlefeeding?

- Wash your hands with hot water and soap before and after touching your baby.
- If you are sick, wear a mask when near your baby.
- Limit the number of people holding and caring for your baby to one or two.

How can I make sure the formula is safe?

- If someone is helping you prepare formula, make sure that person has no signs of sickness.
- Always wash your hands before cleaning baby bottles.
- Only people who are healthy and not sick should clean the bottles.

Cleaning baby bottles is even more important during COVID-19!

Stay safe and avoid COVID-19 infection.
Take the same recommended precautions as the general public.

For more information on safe formula feeding, read our FAQ here.