



First Nations Health Authority  
Health through wellness

# 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



## 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**



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



## 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 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

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](#).