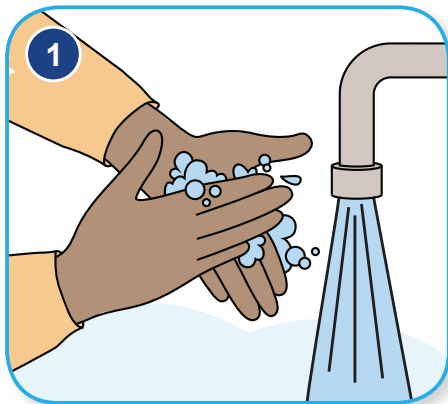


For information on making an informed decision on how to feed your baby, talk to your health care provider or public health nurse. See [Tip Sheet #1](#) for important facts.

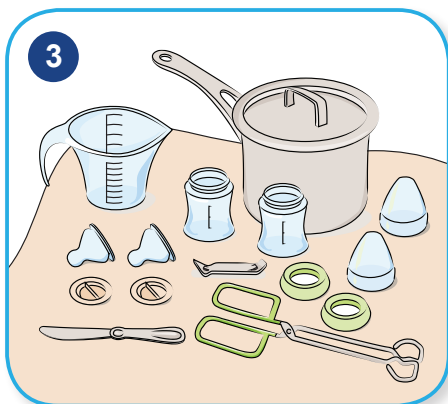
During COVID-19 plan ahead and buy 2 weeks of formula if you can.



Wash your hands with soap and water.



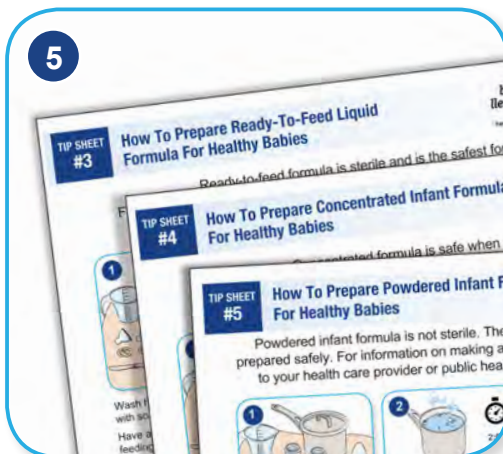
Clean and disinfect high-touch surfaces including your counter.



You can find information on how to clean and sterilize your feeding equipment on [Tip Sheet #2](#).

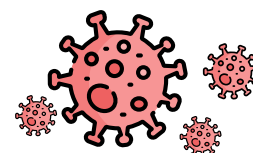


Wash the top of the formula container with soap and water.



Prepare formula by following the mixing directions on the can.

- See [Tip Sheet #3](#) – Ready-To-Feed
- See [Tip Sheet #4](#) – Concentrate
- See [Tip Sheet #5](#) – Powder



If you are sick with COVID-19 or suspect you have it:

Wear a face mask.
Clean and disinfect high-touch surfaces often.



Making Formula During COVID-19

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Always follow instructions on the formula container when making formula.

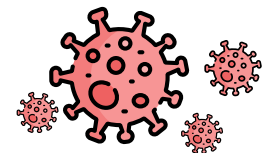
Do not dilute infant formula with extra water to make your supply last longer. This will not provide your baby with nutrition for healthy growth.

Homemade infant formula is not safe. Contact your health care provider or public health unit if you are having trouble feeding your baby.

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Feed your baby by responding to their feeding cues (See [Tip Sheet #6](#)).



If you are sick with COVID-19 or suspect you have it:

Find a healthy adult to help you prepare, feed and care for your baby at home.

If you must feed your baby, **wash your hands** and **wear a mask** when holding your baby.

Children under the age of 2 should not wear a face mask.



For more information see, **Infant Formula: What You Need To Know**

