

Promote, protect and preserve lactation.

During emergencies, chest/breastfeeding is the most accessible and safe way to feed a baby.

To optimally preserve lactation:



- Offer safe spaces for breastfeeding/chestfeeding parents.



- Do not separate the baby from the parent.



- Do not offer formula.

- Prioritize feeding and hydration of the lactating person.

- For those who have stopped lactating or partially lactate, work to re-lactate or fully lactate.

When lactation is not possible:



- The safest formula to offer is “ready to feed”.



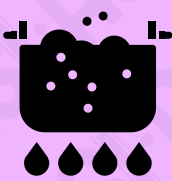
- Wash your hands before preparing your baby’s food. If you cannot wash with soap and water, use hand sanitizer.



- During emergencies, it’s especially important to disinfect all feeding utensils.



- An open cup is the safest way to feed an infant. Use it when you cannot disinfect baby bottles.



- Powdered formula is not sterile and carries a higher risk of contamination. Concentrated formula may be available. To prepare either, use water that has just been boiled to reduce risks of infections.

To make non-potable water drinkable:



- Use a cloth, such as a shirt, to strain the water.



- Add 8 drops of unscented chlorine bleach to each gallon of clear water (8 drops=1/8 tsp or 0.625 mL)



- Add double the bleach to cloudy water (16 drops or 1/4 tsp or 1.25 mL per gallon)



- Let the bleached water rest for 30 minutes before drinking.

To sanitize bottles or cups without a heat source:



- Scrub thoroughly with soap and clean water.



- Submerge in a solution of 1 Tbsp (15mL) unscented chlorine bleach per gallon of water.



- Allow to dry completely before use.