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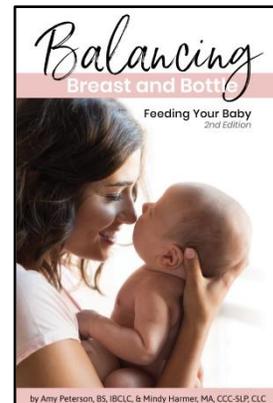
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# Bottles and Emergency Preparedness

## MAKE A PLAN

Natural disasters such as hurricanes, tornadoes, and earthquakes make bottle feeding difficult. You may not have access to safe water or power.



Wood. 2016

## SUPPLIES

# 1-2

Keep at least 1-2 weeks' worth of:

- ready-to-feed formula, or other formula and safe water
- clean bottles and/or small, disposable cups
- bleach, tongs, and a wash basin

## LOCATION

Store your emergency formula, water, and bottles in a cool, indoor place. Do not keep your supplies in the car, garage, or outdoors. Heat reduces formula nutrients.



## CUP OPTION



Keep small disposable cups stored with your feeding supplies. Bottles can be difficult to clean during an emergency, making cup feeding a safer alternative.

## CLEANING

When clean water is unavailable, you will need to sanitize bottles and nipples with a bleach solution. The CDC website recommends the following:

1. Add 2 teaspoons of unscented bleach to 1 gallon of water in a clean wash basin.
2. Submerge all bottle parts completely for at least 2 minutes.
3. Squeeze the bleach solution through the nipple holes.
4. Remove bottle parts with clean hands or tongs.
5. Do not rinse! Any remaining bleach will break down quickly as it dries and will not hurt your baby.