

HOW TO STERILIZE EQUIPMENT

Follow these steps to keep your baby safe. Sterilize equipment until your baby is at least 4 months old.

WHAT YOU NEED

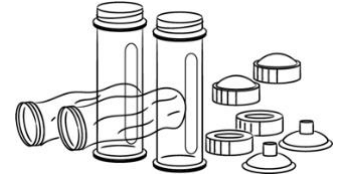


- Large pot with lid.
- Bottle brush and nipple brush.
- Tongs, knife, fork, can opener, glass measuring cup.



- Glass bottles (if possible) or BPA free plastic bottles, nipples, caps and rims.

OR



- **If using a disposable system:** bottle holders, rims, caps, nipples and a roll of disposable liners. **Note:** If using disposable bottles sterilize only the nipples, caps and rims.

STEPS

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1. Wash hands and kitchen counter with soap and water.

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4. Rinse well.

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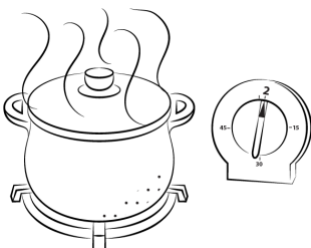
2. Wash all items in warm, soapy water.

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5. Put clean items in a pot and fill pot with water.

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3. Make sure holes in nipples are not clogged.

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6. Boil for 2 minutes and keep pot covered until items are needed.

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7. Remove items with tongs and set on a clean paper towel.

For more information on infant formula recalls, please visit the Canadian Food Inspection Agency website www.inspection.gc.ca.

Adapted with permission from Ottawa Public Health.

