Help Prevent Cronobacter Illness:

Prepare and Store Powdered Infant Formula Safely

In most cases, it is safe to mix powdered infant formula following manufacturer's instructions. But if your baby is less than 2 months old, was born prematurely, or has a weakened immune system, you may want to take the following extra steps to prepare your formula with hot water (at least 158°F/70°C) to help protect against *Cronobacter:*

1.

Clean work surfaces, such as countertops and sinks with soap and water, or use a disinfectant wipe or paper towel sprayed with cleaning product. Do not place feeding items directly in the sink, because germs in sinks or drains could contaminate these items.

2.

Wash hands with soap and water before preparing infant formula.

3.

Boil water and let it cool for about 5 minutes.

4.

Pour the water into a clean bottle or feeding cup.

5.

Add the exact amount of formula listed on the container.

6.

Carefully shake the capped bottle rather than stirring the mixture.

7.

If you plan to use the prepared formula right away, cool the formula to body temperature to ensure it is not too hot before feeding your baby. Run the prepared, capped bottle under cool water or place it into an ice bath. Do not let the cooling water get into the bottle or on the nipple.

8.

Before feeding the baby, test the formula's temperature by putting a few drops on the inside of your wrist. It should feel warm, not hot.

Use prepared infant formula within 1 hour from start of feeding and within 2 hours of preparing it. If your baby does not finish the entire bottle of formula, throw away leftover formula.

If you do not plan to start feeding your baby with the prepared formula right away, refrigerate it immediately. Use refrigerated formula within 24 hours. If you can't remember how long you have kept formula in the refrigerator, it is safer to throw it out than to feed it to your baby. For more information visit www.cdc.gov/cronobacter

FDA U.S. FOOD & DRUG ADMINISTRATION