

After a Flood: Infant Feeding

Nova Scotia Environment and Climate Change (ECC) recommends that you prepare for emergencies at work and at home. Emergencies can include hurricanes, floods, winter storms and power outages.

- Your home should be stocked with a three-day supply of water, canned and dried foods and prescription medicines as well as emergency supplies such as flashlights, a battery-operated or hand-crank radio, batteries, a first-aid kit and a thermometer.
- In the event of an emergency, alerts will be broadcast through Alert Ready on radio stations and cable providers, as well as Twitter and Facebook through the Emergency Management Office.
- More information on emergency plans and emergency supply kits is available from the [Nova Scotia Emergency Management Office](#).

Feeding Infants

- Breastfed infants should continue breastfeeding. Mothers who are breastfeeding should keep warm, eat well, and drink plenty of fluids.
- For formula-fed infants, use ready-to-feed formula if possible.

Safe storage and handling of expressed human milk

- Acceptable guidelines for storing human milk are as follows:

Where	Temperature	Time
at room temperature	18-30°C	3-4 hours
in a refrigerator and not previously frozen	0-4°C	5 days; less than 3 is ideal
in a freezer compartment inside a refrigerator	temp varies <0°C	2 weeks
in a freezer compartment with a separate door	temp varies <0°C	3-6 months with
in a deep freeze	-19°C	6-12 months

- If baby does not finish all expressed milk at one feeding, it may be used again within 1-2 hours, if not then discard.
- Previously frozen milk that has been thawed may be kept in the refrigerator up to 24 hours. Do not refreeze.

For more information on expressing and using expressed breast milk visit:

[Breastfeeding Basics](#)

Bottle feeding, and preparing powdered or concentrated formula:

- It is very important that all equipment used for feeding infants and for preparing feeds (breast milk or formula) has been thoroughly cleaned, boiled and sterilized before use for children less than 6 months of age. After 6 months of age wash in hot soapy water and rinse well.
- Always clean baby bottles and nipples with bottled, boiled or treated water before re-using them.
- Wash your hands before preparing formula and before feeding an infant. You can use alcohol-based hand sanitizer for washing your hands if the water supply is limited.
- If ready-to-feed formula is not available, use bottled water to prepare powdered or concentrated formula. Powdered formula is not recommended for children less than 2 months of age. Follow packaging instructions for preparation of formula.
- If bottled water is not available, use boiled water. Bring the water to a rolling boil for at least two minutes.

For more information on safely preparing infant formula: [Infant Formula: What you Need to Know](#)