

Infant Feeding in Emergencies

What you need to know



Emergency disasters can happen when we least expect them. Infants and young children are especially vulnerable during these events and require special care and attention.

Please consider the following options for your infant or toddler:

- continue to breastfeed during an emergency
- revert to 100 per cent breastfeeding during an emergency, particularly if your infant is less than 6 months old
- defer weaning until after the emergency and reentry period
- safe use of expressed breast milk or infant formula may be challenging due to interrupted water and electricity supply
- Ensure safe drinking water
- Follow municipal boil water recommendations when preparing, storing or cleaning related to infant food

Questions?

Contact your local Public Health Office
780-791-6247