

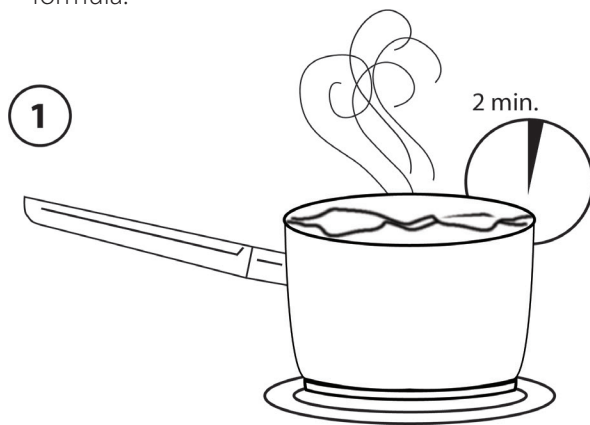
# Boiling water to prepare infant formula

## Boiling water for babies under 4 months old

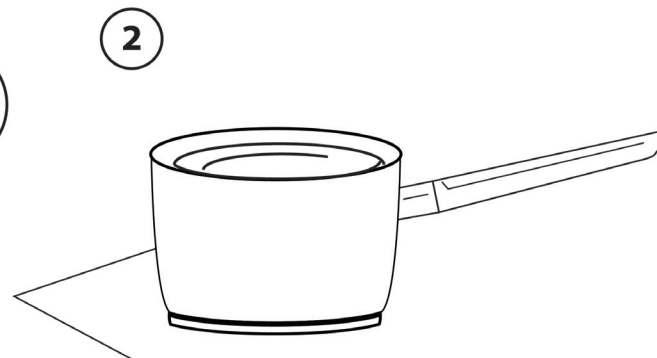
All water used to prepare infant formula for babies under 4 months old needs to be boiled to make it safe. Boil water and then cool it before using it to prepare liquid concentrate or powdered infant formula.

Here are some tips to make sure the water you use for your baby is safe:

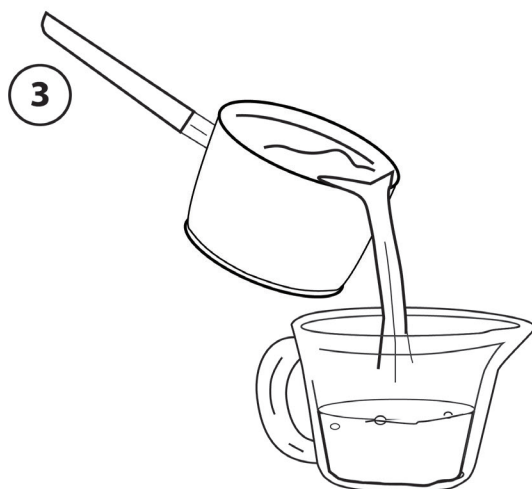
- Use cold tap water. Hot tap water may have more metal contaminants from pipes such as copper or lead and should not be used.
- If the tap has not been used for more than 6 hours, run the water for 2–3 minutes before using it.
- Boil bottled water before using it, as it may contain disease-causing organisms.
- Do not use mineral, vitamin, carbonated or flavoured water to prepare infant formula.
- Well water, water from a cistern or water from other sources should be tested before you use it to prepare infant formula.



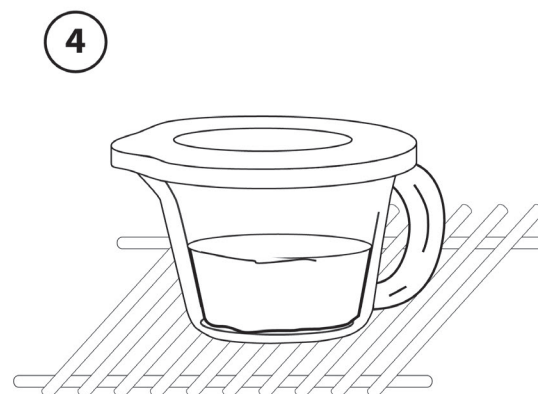
Fill a pot with cold tap water. Bring to a rolling boil. Boil for 2 minutes.



Remove the pot from the heat. Cool the boiled water.



Pour the boiled, cooled water into a container that has been cleaned by boiling or in a dishwasher using a sanitize cycle.



Store the boiled, cooled water in a tightly closed container for 2-3 days in the refrigerator or for 24 hours at room temperature.