

Clean and Sanitize Bottles for Infant Feeding

Before handling bottles.

- Clean and sanitize the work area.
- Wash hands, fingernails, and arms.

To clean and sanitize bottles.

- Use hot, soapy water and a bottle brush to wash bottle parts, paying particular attention to bottles, nipples, caps, and rings. Rinse thoroughly.
- Wash and sanitize in a dishwasher whenever possible. If unavailable, place the bottle parts in a pot and cover with water. Bring to a boil and boil for 5 minutes. Remove with sanitized tongs.
- Allow the bottle parts to air dry.

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