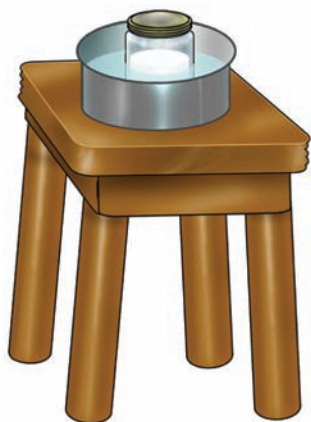


How you can safely heat treat breast milk



- * Flash heating is a way to destroy the HIV in breast milk while retaining the important nutrients and protective agents in the breast milk. This allows an HIV-positive mother to continue providing breast milk to her baby.
- * Always wash all utensils that you will use to express and heat treat your breast milk with clean water and soap. It is best to boil these utensils after washing to make sure that they are clean.
- * Express your milk according to the instructions in the How to Hand Express Breast Milk brochure. Be sure to empty both breasts.
- * Put all the milk you have expressed in a heat resistant glass (not plastic) jar. The amount of milk should be between 50 ml and 150 ml. If you have more milk, you may divide it into 2 jars.

- * Place the jar of milk in a small pan of water. Make sure the water is about two fingers above the level of milk so that all the milk will be heated well.
- * Heat the water on a very hot fire or on the highest level of your stove until it reaches a rolling boil (when the water has large bubbles). Stay close by because this should only take a few minutes. Leaving the water to boil too long will damage some of the nutrients in the milk.
- * Remove the jar of milk from the boiling water immediately after the water comes to a boil. Place the jar in a container of cool water, or let it stand alone to cool until it reaches room temperature.
- * Protect the milk as it cools and during storage by placing a clean lid or small plate on it.
- * You can safely feed your baby this heated milk within 6 hours.
- * Always feed the baby using a clean open cup. Even a newborn baby learns quickly how to drink from a cup. Avoid using bottles and nipples. They are difficult to clean and may make your baby sick.

