



## Shepherd Center

### **Recipe for Sterile Normal Saline:**

- Prepare a mixture of 1 quart of water with 2 teaspoons of table salt.
- Heat until it comes to a boil.
- Store normal saline in a clean, sterile jar. The jar and lid should be cleaned and sterilized as if for canning or preparing baby milk bottles.
- Make normal saline fresh every day.

### **Recipe for Sterile Water:**

- Boil 1 quart of tap water for 10 minutes.
- Let it cool.
- Store sterile water in a clean, sterile jar. Jar and lid should be cleaned and sterilized as if for canning or preparing baby milk bottles.
- Make sterile water fresh every day.