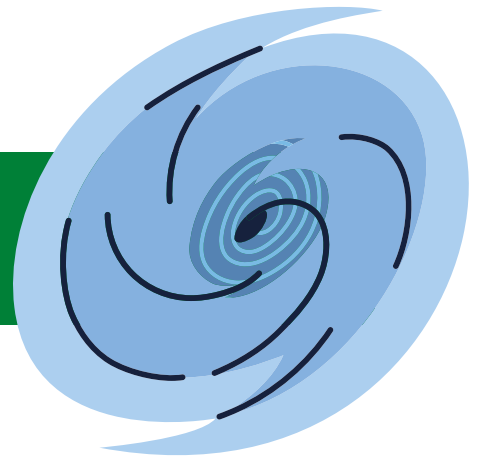


Hurricane Preparedness for Pregnant Women



Plan and Prepare

- Make a plan with your doctor or health care provider.
- Make a family plan for communication and sheltering or evacuation.
- Know the signs of preterm labor: contractions every 10 minutes or more often, change in color of vaginal discharge, feeling your baby is pushing down, low dull back pain, cramps similar to your period, and belly cramps with or without diarrhea.
- Call your provider, local emergency room, or shelter staff if preterm labor occurs.

Emergency Kit



Basics

- Non-perishable food and 1 gallon of water per person per day (3-day supply for evacuation, 2-week for home)
- Flashlights and extra batteries
- Battery-powered or hand-crank radio
- First aid kit and personal hygiene supplies
- Multi-purpose tool
- Cell phone with charger
- Family and emergency contact info
- Extra cash and fuel

For Pregnant Women

- Birthing supplies (clean towels, sharp scissors, bulb syringe, medical gloves, sanitary pads.)
- Maternity and baby clothes
- Prenatal vitamins and two-week supply of medications in original bottles
- Medical records
- Blankets
- Diapers

Evacuation and Sheltering



- Stay informed on updates from local emergency management and news agencies.
- Call shelters in advance or find out online to make sure they are open and accepting people.
- If you go to a shelter, inform the staff that you are pregnant.
- Find out what supplies are provided at the shelter and bring anything extra that you will need such as items from your emergency kit.

After the Hurricane



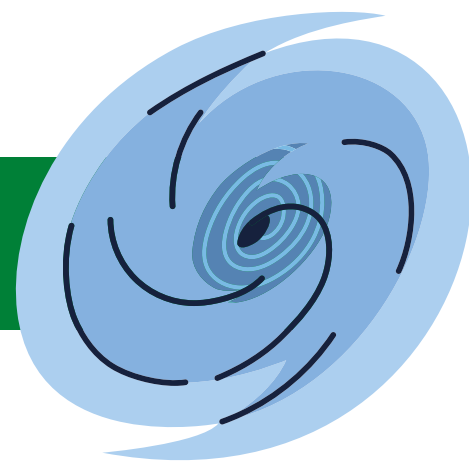
- Stay hydrated and avoid strenuous tasks.
- Avoid the heat: stay in air conditioned rooms or shaded areas.
- Use healthy methods to cope with stress such as resting, reading, listening to music, meditating, writing, exercising, and talking to friends, family, or other members of your support system.
- Avoid unhealthy stress coping methods such as consuming alcohol, smoking, or using drugs.

For more information visit:

Call:

Email:

Hurricane Preparedness for Families with Infants



Plan and Prepare

- Make a plan with your doctor or health care provider.
- Make a family plan for communication and sheltering or evacuation.
- Continue to breastfeed your baby if you can or use ready-to-feed formula because clean water may not be available.

Emergency Kit



Basics

- Non-perishable food and 1 gallon of water per person per day (3-day supply for evacuation, 2-week for home)
- Flashlights and extra batteries
- Battery-powered or hand-crank radio
- First aid kit and personal hygiene supplies
- Multi-purpose tool
- Cell phone with charger
- Family and emergency contact info
- Extra cash and fuel

For Families with Infants

- Medical records
- Baby food
- Portable crib
- Diapers
- Baby clothes
- Pacifiers
- Toys

Evacuation and Sheltering



- Stay informed on updates from local emergency management and news agencies.
- Call shelters in advance or find out online to make sure they are open and accepting people.
- If you go to a shelter, inform the staff that you have an infant.
- Find out what supplies are provided at the shelter and bring anything extra that you will need such as items from your emergency kit.

After the Hurricane



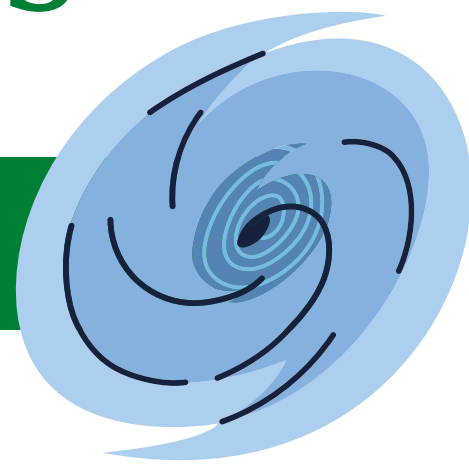
- Stay hydrated and avoid strenuous tasks.
- Avoid the heat: stay in air conditioned rooms or shaded areas.
- Remember your baby is safest sleeping on their back in a portable crib or bassinet without pillows, blankets, or toys.
- If you are concerned about a problem with the health of your baby, see a healthcare provider or doctor once it is safe to do so.

For more information visit:

Call:

Email:

Hurricane Preparedness for Children with Special Health Care Needs



Plan and Prepare

- Make a plan with your child's doctor or health care provider.
- Make a family plan for communication and sheltering or evacuation.
- Practice the emergency plan with your child.
- Teach your child emergency contact information or make sure they have a physical copy on them at all times.
- Call your local police, fire department, and hospital to register your child's special needs.

Emergency Kit



Basics

- Non-perishable food and 1 gallon of water per person per day (3-day supply for evacuation, 2-week for home)
- Flashlights and extra batteries
- Battery-powered or hand-crank radio
- First aid kit and personal hygiene supplies
- Multi-purpose tool
- Cell phone with charger
- Family and emergency contact info
- Extra cash and fuel

For children with Special Needs

- Medications
- Comfort items
- Assistive devices with extra batteries,
- Equipment
- Generator
- Identification card or bracelet with information about medical needs and emergency contacts

Evacuation and Sheltering



- Stay informed on updates from local emergency management and news agencies.
- Call shelters in advance or find out online to make sure they are open and accepting people.
- If you go to a shelter, inform the staff of your child's special needs.
- Find out what supplies are provided at the shelter and bring anything extra that you will need such as items from your emergency kit.
- Talk with your children about what is going on and try to remain calm even when you are distressed.

After the Hurricane



- Stay hydrated and avoid strenuous tasks.
- Avoid the heat: stay in air conditioned rooms or shaded areas.
- If you are concerned about a problem with the health of your child, see a healthcare provider or doctor once it is safe to do so.

For more information visit:

Call:

Email: