



Hurricanes: Tips for Moms & Caregivers

Hurricanes can bring strong winds, heavy rain, flooding, and power outages. Moms and caregivers are often their families' first responders. CARE, with 80 years of disaster relief expertise and a focus on women and girls, knows that planning is essential to staying safe before, during, and after the storm.

Before the Storm

MAKE AN EVACUATION PLAN

- ☐ Identify safe places you can go out of town and backup routes to get there.
- ☐ Prepare a go-bag with essentials for your family's needs including specific infant and child items.
- ☐ Know your child's school or daycare emergency procedures and how they will contact you.



MAINTAIN COMMUNICATIONS

- ☐ Ensure your cell phone and other key electronic devices are charged and prepare portable chargers.
- ☐ Have key contact numbers and addresses written down in case you or children cannot access mobile phones.
- ☐ Have at least 3 emergency contacts including one that is out of town.



EVACUATE SAFELY

- ☐ If an evacuation order is issued, leave immediately—do not wait until conditions worsen.
- ☐ Search for open shelters by texting SHELTER and your ZIP CODE to 43362.
- ☐ Identify a safe meeting place if family members get separated.

SHELTER SAFELY IN PLACE

- ☐ Ensure you have a minimum 3-day supply of water and non-perishable food for each member of your family.



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During & After the Storm

IDENTIFY SAFE INFANT SLEEPING PLACES

- ☐ If your typical space is unavailable, identify a dry, firm, clean, and flat surface such as a cardboard box/ carton, or bathtub.

CREATE A SAFE SPACE FOR CHILDREN

- ☐ Stay indoors and away from windows.
- ☐ Ask your child(ren) to participate in creating a fort or activity area to provide a calming activity during the storm.



PLAN FOR POWER LOSS & GENERATOR SAFETY

- ☐ Have a plan or portable cooler for medications or breastmilk that may require refrigeration
- ☐ Watch for downed power lines and wires that can electrocute you.
- ☐ Generators should only be used outside and 20 feet away from doors & windows to avoid carbon monoxide poisoning.

Toxin Exposure Support

If you are worried you or your baby may have been exposed to harmful toxins, MotherToBaby can provide immediate support:

Call: 866-626-6847

Text: 855-999-3525

Chat: www.mothertobaby.org

AVOID FLOODWATER & MOLD RISKS

- ☐ Never drive in flooded areas—even if the water looks shallow, just 6 inches is powerful enough to sweep away a car.
- ☐ Mold can develop within 24-48 hours of flooding, even if you do not see or smell it. Wear an N-95 mask if you need to enter a potential space with mold.
- ☐ Children or pregnant people should not take part in cleanup work.





Hurricanes: Tips for Pregnant People

Pregnancy adds unique medical and comfort needs during hurricanes. Taking steps to prepare ahead of time can help you feel more equipped before, during, and after the storm.

Before the Storm

PLAN EARLY—ESPECIALLY IF YOU'RE 36+ WEEKS

- ☐ Talk with your provider ahead of time about:
 - Evacuation options
 - Transportation
 - Sheltering needs
 - Continuity of care
- ☐ Have a physical copy of your birth plan, key details about your medical history and contact information for your care provider.
- ☐ Pack a hospital bag that can double as your emergency preparedness kit—ensure it includes all the items you would need for you and your baby post-birth.
 - Include these essentials: water, non-perishable food, flashlight, radio, first aid kit, cash, nursing supplies, clothes.
- ☐ Pay attention to weather advisories through radio or mobile apps that can occur before, during or after storms—boil water, flash flooding, tornadoes.



During & After the Storm

PRIORITIZE HYDRATION, REST, AND CALM

- ☐ Identify a trusted support person to travel with you and to minimize your activity and stress.
- ☐ If you are by yourself, make sure someone knows your emergency plan.



AVOID EXPOSURE TO FLOODWATER

- ☐ Floodwater can contain bacteria, chemicals, and debris that may be harmful to you and your baby.
- ☐ Wear closed-toe shoes, rubber boots, and other protective waterproof gear if you have to navigate through standing water.



Hurricanes: Tips for Pregnant People

RESUME PRENATAL CARE WHEN POSSIBLE

- ☐ Contact your provider if there is any interruption to your care.
- ☐ If you are in a shelter, ask an emergency worker for help locating prenatal care.

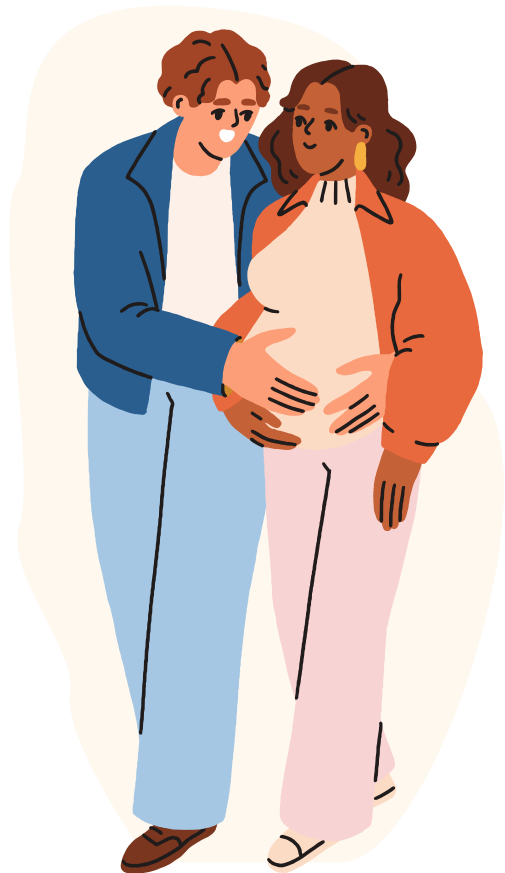
CLEANUP

- ☐ If possible, avoid clean-up activities especially involving mold or heavy lifting.



Get virtual support

JustBirthSpace.org provides national call and text support that can help connect you with doula care and/or help you locate additional services if displaced.



UNDERSTAND URGENT MATERNAL WARNING SIGNS

- ☐ Signs of pre or post eclampsia: (persistent headaches, dizziness, changes in your vision, extreme swelling of your hands, feet or face, upper right chest pain, trouble breathing)
- ☐ Fever of 100.4 or higher
- ☐ Thoughts of harming yourself or your baby
- ☐ Severe nausea and throwing up
- ☐ Severe belly pain that doesn't go away
- ☐ Abnormal vaginal discharge, or heavy bleeding before and/or after giving birth
- ☐ Baby's reduced movement outside of their typical patterns