



Emergency Tips for Pregnant People

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

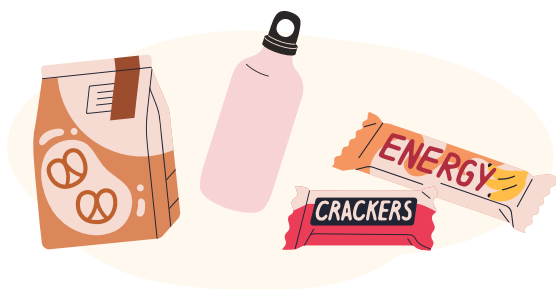
Keep important information ready

- ☐ Have a physical copy of your birth plan, key details about your medical history and contact information for your care provider.
- ☐ Your hospital bag can double as your emergency preparedness kit—ensure it includes all the items you would need for you and your baby post-birth.



If you need to evacuate

- ☐ Travel with a support person if possible (e.g. partner, family member, friend).
- ☐ Don't drive more than 3–4 hours at a time.
- ☐ Stop to stretch often when you're able to.
- ☐ Drink plenty of water and keep snacks with you.



Know the warning signs

- ☐ Learn the signs of labor and urgent maternal warning signs. Call for help if something doesn't feel right.
- ☐ Share your birth plan with your support person so they can help advocate for you.

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



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.



Feeding Your Child Safely During an Emergency

Natural disasters can make it hard for parents and caregivers to feed their infants and young children safely. These tips provide information for feeding your young child during an emergency.

Breastfeeding is best

Breastfeeding is the safest option during an emergency. It provides ideal nutrition and protects you and your baby's safety and health. Even if you've stopped nursing, it may be possible to start producing milk again, especially if your baby is under six months. Let your care provider know so they can support your efforts to nurse.



Tips

- ☐ Continue breastfeeding to maintain milk supply.
- ☐ Keep hands clean—use soap and water or hand sanitizer (60%+ alcohol).
- ☐ If you can't use your pump, you can express milk by hand.
- ☐ Find out if local milk banks are available at hmbana.org/find-a-milk-bank.
- ☐ At shelters, ask workers for a quiet, private feeding area.
- ☐ Drink water regularly to stay hydrated and ask for snacks when needed.
- ☐ If transporting or storing breast milk or formula, bring ice packs or cooler bags.

Formula feeding

- ☐ Keep some ready-to-feed liquid formula (safer than powdered during emergencies) as recommended by your health provider.
- ☐ If ready-to-feed liquid formula is not available, it is best to use bottled water to prepare powdered or concentrated formula.
- ☐ Use bottled or boiled water for cleaning feeding supplies.
- ☐ In emergencies, feeding with a cup is safer and easier to clean than using bottles.



Power Outage Tip

If you lose power and have breast milk stored in your fridge, limit the number of times you open the door. If you must evacuate, put milk in an insulated cooler with ice packs and either use or return to a fridge within 24 hours.