

## ***Hurricane Tips: Pregnant Women***

Hurricane season can be a very stressful time for all Floridians, but especially for pregnant woman. To help reduce your stress, and aid in the preparation for a hurricane, a list of helpful suggestions has been provided. The more prepared you are the more comfortable and safe you will be.

### ***Before the Hurricane***

The following suggestions will serve as guidelines to help you prepare for a hurricane or other disaster:

- **Medications:**
  - Prepare a current list of all prescriptions and prenatal vitamins you are taking. Put this list in sealable plastic bag then in a secure place among the belongings you plan to take with you if you leave your home.
  - Bring at least a two week supply of all medications with you if you choose to relocate or go to a shelter during a storm.
  - When possible, always bring medications in their original prescription bottle. In an emergency, an emergency decree allowing pharmacies to refill medications may be made, but you must have the original bottle.
  - Place your medications in a sealable plastic bag to keep them dry and protect the information on the label in case you need to obtain refills.
  - Make sure you have an additional supply of equipment needed to administer medications. For example, if you are diabetic bring your insulin, testing equipment, and supplies; while those with asthma may need a nebulizer.
- **Call your Physician**
  - Communicate with your health care provider's office to let them know where you will be; if you plan to leave town bring a copy of your medical records including prenatal record, immunizations, and current medications with you.

Make sure that your health care provider has a current telephone number of where you will be staying.

- If you had or are having complications in your pregnancy, check with your health care provider to discuss whether it is safe for you to leave prior to the storm or if it would be better for you to go to a hospital or general shelter during the storm.
- **If you have a chronic medical condition or pregnancy related complication and decide to leave town, it will be extremely important to bring your current medications, your recently updated medical record information, and the name and telephone number of your health care provider to assure proper treatment should you need it.**
- If you choose to go to a hospital shelter you will need to bring a few personal items, but remember space is usually limited. **Check in advance to see who may come with you to the hospital shelter and which supplies you will need to bring.** Call the hospital in advance to make sure they have room and that this is where your doctor wants you to go.
- **Healthy Start Women**– If you are part of Healthy Start, or have another case manager, let your care coordinator know where you are going. If you decide to leave town, provide a telephone number where you will be staying. If you are planning to go to a hospital or shelter, then let the care coordinator know where you will plan to go. Remember to bring your prenatal vitamins, medications, and any medical supplies or equipment.
- **If you go to a hospital shelter or general shelter during the storm:**
  - **Do Not** go to the **hospital shelter or general shelter** until you know that they are accepting people. Call the hospital or general shelter in advance to verify that you can take shelter there; if you go, please follow the directions for that shelter.
  - **Ask the hospital or general shelter if you should bring food and water.** They may recommend that you

bring bottled water, non-perishable snacks, and/or money to buy food.

- Bring all medications that you are taking as well as your prenatal vitamins. If possible, they should be in the original bottle.
- Bring the following items unless the hospital or shelter facility gives you other directions: Blanket, pillow, sleeping bag, and any toiletries, flashlight, batteries, something to help pass the time, any additional items the hospital or shelter recommend that you to bring.

### ***After the Hurricane***

Once the hurricane has past, there will be a period of cleanup and recovery. This is the time when you must be very careful not to become dehydrated and/or over-tired. Dehydration can be a contributing factor to premature labor. To prevent dehydration and exhaustion follow these suggestions:

- Drink plenty of water or beverages that do not contain alcohol or caffeine.
- Take a cool shower or sponge bath and try to stay in the shade or an air conditioned area if possible. If you have to be outside in the heat, bring water and an umbrella to provide shade.
- Do not lift heavy objects.
- Be sure you do not over tire yourself, take frequent rests.
- Try to eat a healthy diet as soon as possible.
- Keep all doctor appointments.

If you are concerned about the condition of your baby or yourself contact your health care provider or emergency room immediately.

#### **For more information:**

**Family Health Line 1-800-451-2229**

**National Flood Insurance Program 1-800-427-4661**

**State of Florida**

**[www.myflorida.com](http://www.myflorida.com)**

**Florida Department of Health: County Health  
Departments**

**[www.doh.state.fl.us/chdsitelist.htm](http://www.doh.state.fl.us/chdsitelist.htm)**

**Florida Division of Emergency Management**

[www.floridadisaster.org](http://www.floridadisaster.org)

**American Red Cross**

[www.redcross.org](http://www.redcross.org)

**Federal Emergency Management Agency (FEMA)**

[www.fema.gov](http://www.fema.gov)

**National Oceanic and Atmospheric Administration (NOAA)**

[www.noaa.gov](http://www.noaa.gov)

**U.S. Department of Homeland Security**

[www.whitehouse.gov/homeland](http://www.whitehouse.gov/homeland)

**Centers for Disease Control and Prevention (CDC)**

[www.cdc.gov](http://www.cdc.gov)

**USDA Food Safety and Consumer Information**

[www.fsis.usda.gov/Food Safety Education/](http://www.fsis.usda.gov/Food_Safety_Education/)

**March of Dimes**

[www.marchofdimes.com](http://www.marchofdimes.com)