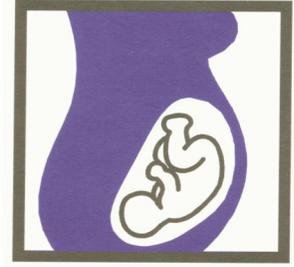


Hurricane Tips for Pregnant Women



Before the hurricane

Hurricane season can be very stressful especially for pregnant women. To help reduce the stress, prepare for any outcome. The more prepared you are, the more safe and comfortable you will be.

If you have a chronic medical condition or pregnancy related complication or are close to delivery, discuss with your doctor plans to ensure continuing treatment & care.

If you decide to leave town and need medical help, you will need to

provide a copy of your medical records, a list of all medications and the name and phone number of your medical provider.

MEDICATIONS

Make a list of all your medications & put it in a sealable plastic bag. Take the list when you relocate to a shelter or other location.

When possible, keep medications in their original bottles. In an emergency, an emergency decree allows pharmacists to refill



prescriptions but you must have the original bottle. Keep them in a sealable plastic bag to protect labels.

Have an additional supply of anything needed to administer medications.

If you relocate, have at least a two week supply of all medications.

Know the signs of preterm labor.

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

If you go to a shelter

- Do not go unless you know they are accepting people. Call in advance to make sure you can take shelter & ask for directions.
- Find out if you need to bring food, non-perishable snacks & water.
- Take your medications with you, if possible in the original bottle.
- Take a blanket, pillow, sleeping bag, extra clothes, toiletries, flashlight and batteries, and anything to help pass the time.

After the hurricane

Once the storm is passed, there will be a period of clean-up & recovery. This is the time when you must be careful not to become dehydrated and/or over-tired. Dehydration can lead to premature labor. To prevent dehydration & exhaustion, follow these suggestions:

- Drink plenty of water or beverages that do not contain alcohol or caffeine.
- Do not lift heavy objects.
- Try to stay in an air conditioned area or in the shade. Take a cool shower or sponge baths. If you have to be outside in the heat, bring an umbrella to provide shade and drink plenty of water.
- Take frequent rests. Do not overtire yourself.
- Find someone to talk to a few times a day. This can be helpful all by itself.

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