

# Hurricane Tips for Mothers with a Baby



## Breastfeeding & Formula Feeding

In emergency situations, babies have an increased need for the disease-fighting factors & the comfort provided by breastfeeding.

Breastfeeding is recommended during an emergency because it is safe. Refrigeration, clean bottles and clean water are not needed.

Although stress can affect your milk supply, breastfeeding itself can be calming for mom & baby. Try to make this a relaxing time for you & baby.

If breastfeeding is not possible, have a supply of single serving ready-to-feed formula. Ready-to-feed formula does not need mixing and water should not be added to it. Pour needed amount into bottle and throw away anything that baby does not drink if you cannot refrigerate it. After opening, ready-to-feed formula must be refrigerated.

Do not use water treated with iodine or chlorine tablets to prepare powdered formula.



### Before a hurricane

Keep a copy of your medical records and your baby's along with contact information for health care providers.

If your baby is in the NICU, check with the hospital to find out their disaster plan.

## 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. Take care of yourself & baby by following these suggestions:

- Drink plenty of water or beverages that do not contain alcohol or caffeine.
- If you gave birth vaginally or had a c-section recently, follow all the instructions that your health provider gave you.
- Take frequent rests & avoid getting overheated. Do not overtire yourself.
- Infants should continue to receive their scheduled vaccines.
- Many new moms experience "postpartum blues" or "baby blues" 3 to 5 days after delivery. If the symptoms last longer than 2 weeks, don't hesitate to ask for help or speak with a health professional about them.
- Find someone to talk to a few times a day. This can be helpful all by itself.

Healthy Start Coalition of Sarasota County, Inc

1750 17th St. · Building A · Sarasota FL 34234

www.healthystartsarasota.org Phone: 941-373-7070

## 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.
- Bring pacifiers, diapers, baby clothes and a portable crib.
- Take anything to help soothe your baby as it can be loud in shelters.
- Hand sanitizer, non-aspirin liquid pain reliever and a thermometer may be useful.
- Remember to take a blanket, pillow, sleeping bag, extra clothes, toiletries, flashlight and batteries for your use.

