




Preparing for an emergency before, during and after pregnancy

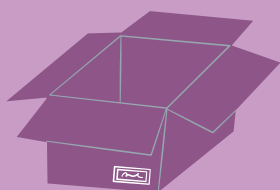
Creating a disaster kit for pregnant women and families with infants

Parents, caretakers and pregnant women should take extra steps to keep themselves and their families safe during disasters. No matter the type of emergency, it is important to be prepared by creating a disaster kit. In addition to general preparedness, check to see what additional measures you should take according to your group:

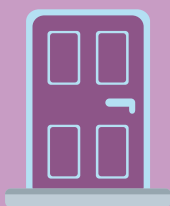
Emergency Checklist

	Plans 	Supplies 	Documents 
Women of Reproductive Age	<input type="checkbox"/> Evacuation plan <input type="checkbox"/> Family communication plan	<input type="checkbox"/> Delivery plan <input type="checkbox"/> 3-day supply of food and water <input type="checkbox"/> First aid kit <input type="checkbox"/> Batteries <input type="checkbox"/> Flashlight <input type="checkbox"/> Battery-powered radio <input type="checkbox"/> Medications (including birth control)	<input type="checkbox"/> Birth certificate <input type="checkbox"/> Insurance policies <input type="checkbox"/> Important contacts <input type="checkbox"/> Proof of address <input type="checkbox"/> Passport/ID <input type="checkbox"/> Social Security card <input type="checkbox"/> Vaccine records
Pregnant Women	<input type="checkbox"/> Delivery plan <input type="checkbox"/> Continuity of care plan	<input type="checkbox"/> Hospital bag <input type="checkbox"/> Prenatal vitamins	<input type="checkbox"/> Personal medical records
Postpartum Women	<input type="checkbox"/> Well-child care visit plan <input type="checkbox"/> Postpartum check-up plan	<input type="checkbox"/> Bottles <input type="checkbox"/> Formula/pump <input type="checkbox"/> Baby food <input type="checkbox"/> Diapers/wipes <input type="checkbox"/> Pack and play <input type="checkbox"/> Medications (including birth control)	<input type="checkbox"/> Personal and baby's medical records <input type="checkbox"/> Baby's social security card <input type="checkbox"/> Baby's birth certificate

Storing your emergency kit



Keep all supplies together in case of a quick evacuation. Keep in a waterproof container that can be kept tightly closed.



Store supplies somewhere that is easy to access during an emergency. A cool, dark place is ideal.



Check supplies regularly to ensure that nothing has leaked/expired (a good tip is to use the twice-a-year clock change as a reminder to update your emergency stockpile).

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To learn more about Reproductive Health in Emergency Preparedness

