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:

### Preparing for an emergency before, during and after pregnancy

**Women of Reproductive Age**
- Evacuation plan
- Family communication plan

**Pregnant Women**
- Delivery plan
- Continuity of care plan

**Postpartum Women**
- Well-child care visit plan
- Postpartum check-up plan

### Emergency Checklist

<table>
<thead>
<tr>
<th>Plans</th>
<th>Supplies</th>
<th>Documents</th>
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<tbody>
<tr>
<td>Women of Reproductive Age</td>
<td>Delivery plan</td>
<td>Hospital bag</td>
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<td></td>
<td>3-day supply of food and water</td>
<td>Prenatal vitamins</td>
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<td></td>
<td>First aid kit</td>
<td>Medications (including birth control)</td>
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<td>Batteries</td>
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<td>Flashlight</td>
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**Supplies**
- 3-day supply of food and water
- First aid kit
- Batteries
- Flashlight
- Battery-powered radio
- Medications (including birth control)
- Hospital bag
- Prenatal vitamins
- Bottles
- Formula/pump
- Baby food
- Diapers/wipes
- Pack and play
- Medications (including birth control)

**Documents**
- Birth certificate
- Insurance policies
- Important contacts
- Proof of address
- Passport/ID
- Social Security card
- Vaccine records
- Personal medical records
- Personal and baby's medical records
- Baby's social security card
- 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).