Use this information as a guide to being prepared

Pregnancy guide

Understand the birth and delivery process in case you go into labor during an emergency. Get some information from your doctor or clinic that will help you. Be sure you know how to recognize signs of fetal distress.

See other side of pamphlet for guide information.

Prepare in your home

Have smoke detectors and check them regularly. Have a fire extinguisher and know how to use it in case of a fire. Know where the gas shut off is and know how to turn it off. **Do not turn it off unless you smell gas.**

Have a plan

Know where you would go if you had to evacuate your home or your favorite places. Share this plan with family, friends, and neighbors so they know where to find you and how they can help you. Have maps ready of hospitals or clinics that are close by.

First aid kit

Include supplies that your doctor approves such as pain medications, vitamins, sanitizers, anti germ lotions, band aids, face masks, compression pads, scissors, bulb syringe, two *new or clean* shoelaces, and tape. Include a whistle, mirror, or any noise maker that could attract attention if you need help.

Telephone

With a prepaid telephone and phone card you can call for help or call your family in an emergency. Keep your cell phone and home phones charged at all times.

Water

Store water in your home. Enough to last you at least 72 hours. Have water container/bottles that are ready to carry with you in case you need to leave your home. Keep water in your car or in other cars that you might use. Remember to keep the water fresh and replace it, especially the water bottles in your car.

Food

In your emergency bag include food that you will actually eat and that you can live on until help can arrive. Think of canned foods, candy and energy bars.

Important documents

In your emergency bag include important papers that will help people help you. Recent medical records, blood type, insurance information, family and friends' information in case they need to be contacted.

Important telephone numbers

Some numbers are included in this pamphlet. Also have the numbers of family and friends that can help you. Include telephone numbers of clinics and hospitals in your area and numbers of friends and family outside of the state.

Emergency kit

As part of your emergency preparedness have a kit that includes a flashlight, batteries, screwdrivers, pliers, an AM and FM radio, camping gear and supplies. Consider having one for the home, and one for your car.

Bag/suitcase for your baby

Pack clothes that fit the season. Include diapers, lotions, cleaning wipes, a clean sheet/towel, pacifiers, powdered formula, sterile water, and bottles with nipples. Make it light and practical as you will be carrying it with you. Use a baby carrier for your baby to rest and to carry other heavy items.

Bag/suitcase for you

Pack clothes that fit the season. Include personal hygiene products, female pads, a towel, and a clean sheet and pillow if possible. Make it light and practical as you will be carrying it with you. Include a good pair of comfortable shoes. Include cash, as you may not be able to use a debit/credit card.

The Northern Utah Healthcare Coalition

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NORTHERN UTAH HEALTHCARE COALITION

The Utah Department of Health
Center for Multicultural Health

Emergency Preparedness for Pregnant Women

The Northern Utah Healthcare Coalition

Our mission is to serve our communities through collaboration, coordinated communication and resource sharing for effective medical surge management in a disaster.

The purpose of this pamphlet is to assist pregnant women be prepared in case of a disaster in their area which may prevent them from getting to or being admitted to the hospital. Medical surge refers to the situation when the need for medical care outstrips the available resources.

-Sara V. Sinclair, RN, LHFA

Now that you are pregnant, you should take time to prepare for an emergency. This pamphlet will help.

Utah can have disasters including earthquakes, floods, winter storms, fires, and lightning. There can be disease outbreaks and human caused disasters.

We don't know when an Emergency will happen but with a few supplies and the right information you and your baby can be ready.

Important Numbers

Emergency:

Police/Fire/Medical **9-1-1**

Poison Help: (800) 222-1222
poison.org

Be Ready Utah
Tel. (801) 538-3400
bereadyutah.gov

Emergency Birth Delivery Guide

American College of Nurse-Midwives
Tel. (240) 485-1800
http://www.midwife.org/siteFiles/education/giving_birth_in_place.pdf

Other Important Telephone Numbers

Name: _____
Tel. _____

Name: _____
Tel. _____

Name: _____
Tel. _____

Name: _____
Tel. _____

Name: _____
Tel. _____

Be Prepared Checklist

List the things you need to do – check them off when you have done them.

GOAL: I will complete my emergency preparation checklist by _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Remember!

Now that you are prepared remain calm in case of an emergency. You have a plan of action and you have supplies until help gets there. Do not panic it can cause preventable stress on your pregnancy.

Take care of yourself, eat well, exercise, and get enough sleep and rest.

Being prepared means have regular visits with your doctor to monitor your health and your pregnancy.

Avoid things that are harmful. Do not drink alcoholic beverages, smoke, or take any drugs that can harm you or affect your pregnancy.

Be Alert and Be Ready.