

HURRICANE PREPAREDNESS FOR PREGNANT WOMEN

MAKE A LIST OF ALL THE MEDICATIONS AND PRENATAL VITAMINS YOU ARE TAKING, AND PUT THE LIST IN A SEALABLE PLASTIC BAG WITH YOUR HURRICANE EMERGENCY KIT.

WHENEVER EVACUATING OR STAYING AT AN EMERGENCY SHELTER, BRING 2 WEEKS WORTH OF MEDICATIONS AND VITAMINS.

WHEN POSSIBLE, BRING ORIGINAL PRESCRIPTION CONTAINERS WITH YOU, WHICH WILL ALLOW PHARMACISTS TO FILL YOUR PRESCRIPTIONS DURING AN EMERGENCY.

COMMUNICATE WITH YOUR HEALTH CARE PROVIDER'S OFFICE TO LET THEM KNOW WHERE YOU WILL BE STAYING DURING THE HURRICANE.

ENSURE THAT YOUR HEALTH CARE PROVIDER HAS A PHONE NUMBER WHERE YOU CAN BE REACHED.

IF YOU ARE HAVING COMPLICATIONS WITH YOUR PREGNANCY, DISCUSS SAFE OPTIONS FOR EVACUATION DURING A HURRICANE, AND WHETHER IT WOULD BE BETTER FOR YOU TO STAY AT THE HOSPITAL DURING THE STORM.

TELL YOUR HEALTHY START CARE COORDINATOR WHERE YOU PLAN TO GO DURING THE HURRICANE.

FOR MORE INFORMATION, CALL THE FAMILY HEALTH LINE: 1-800-451-2229