

## Worry-free preparedness

72 hours worth of food, water and supplies are recommended during a hurricane.

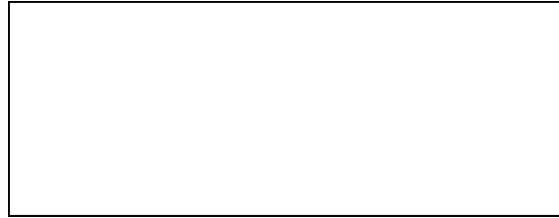
Start to slowly stockpile your items NOW by adding 1-2 items to your regular grocery list per week. Try to buy items that do not expire too soon.

Rotate your pantry items every few weeks so that you are using up items which will expire soon. Rice, pasta, jars of sauce, and canned vegetables are all items which can last a long time in the pantry.



Make an evacuation plan– know where you are going before a storm strikes. Find out about local shelters.

Please don't forget to make the same plans for your family pets.



Your Local Contact Information

For more assistance with pregnancy and how to care for a newborn, in Monroe county contact the Florida Keys Healthy Start Coalition  
305-293-8424

[www.KeysHealthyStart.org](http://www.KeysHealthyStart.org)

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## Hurricane Preparedness for Mothers



What you need to know for hurricane season

Florida Keys Healthy Start Coalition





# Hurricane Season is here. Be prepared.



## When should we worry about a hurricane?

Hurricanes cause serious damage to coastlines and communities. Winds can exceed 155 miles per hour. During a hurricane or tropical storm, tornadoes can also happen.

Hurricanes are classified into five categories based on the wind speed, and damage potential . Category three and higher are considered major hurricanes, though Categories One and Two still need your full attention.

Many services, such as emergency services and hospitals, are closed or limited during a Category 3 or higher.

**You may be asked to evacuate.**

## Prepare your family

Mothers are already the experts in caring for the family. We want to make sure mothers have all the information they need to help themselves during evacuation or riding out a storm.

### Start with this checklist

Pregnant women, and families with small children need to take extra care when making a family hurricane preparedness plan. This is not a complete list of items, but it can get you started thinking about storm season.

Consider where you would give birth if you have to evacuate. Keep your prenatal care passport with you in the event you have to give birth away from the Keys.

Schools may be closed before and after a storm, so, consider who will care for your children if you can still work.

Make your plans now, prepare your home, collect supplies, and heed evacuation orders.



## Preparedness Checklist for Mothers

### Pregnant Women

- Keep a copy of your prenatal care passport with you
- Have an emergency backup birth plans
- Talk to your doctor/ midwife about where to give birth

### Babies under age 1

- Plan to breastfeed. This helps protect baby from germs.
- Keep 2 weeks of ready -to- feed formula ONLY if baby is formula fed
- Your infant care passport

### Children

- Check with schools about possible closures
- 3 days of foods that your child will eat well
- Batteries and flashlights, and NON-BURING lighting

### Supplies

- First aid kit
- Diapers and wipes
- Extra fluids for the whole family
- Portable weather radio

## Be Aware of Child Hazards

- Hurricane shutters are heavy and sharp
- Store gas for generators out of reach of children.
- Filled bath tubs, for water usage after the storm can be a drowning hazard.
- Choose non-burning lights during power outages, such as battery operated lamps
- Use caution when allowing children out side after a storm if power lines are down.

