# ITEMS FOR YOUR DISASTER PREPAREDNESS KIT

#### **GENERAL**

- Clean towels
- Waterproof pads
- Medium-sized bowl (for collecting the placenta)
- Disposable gloves

#### **FOR BABY**

- Breast pump and supplies
- Newborn cap
- Case of diapers and wipes
- Hot water bottle (for warmth)
- Suction bulb
- Receiving blankets

#### FOR MOM

- Cold packs
- Acetominophen
- Sanitary pads

#### **CUTTING THE UMBILICAL CORD**

- White shoelaces or cord clamps
- Sharp, clean scissors or unused razor blade
- Alcohol wipes

# AFTER THE BIRTH

- Baby sling
- Remember: Mother's milk is the best food for babies in an emergency!

Special thanks to the contributors that made this brochure possible:







MCH Emergency Preparedness Summit Members:

ALL Kids • American Red Cross • Clarke County EMA • D.W.

McMillian Memorial Hospital • Gift of Life • Memorial

Hospital of Gulfport • Mobile County EMA • Mobile County

Health Department • Mobile Infirmary Medical Center •

MOMCare Medicaid Maternity Program • USA Children's &

Women's Hospital • North Baldwin Infirmary • Providence

Hospital • South Baldwin Regional Medical Center •

Thomas Hospital

# NUMBERS TO KNOW

Emergency 911

Alabama Power Company 800-245-2244

#### MOBILE COUNTY

Mobile County Emergency Management Agency 251-460-8000

Mobile Area Water and Sewer Service 251-694-3165

Mobile County Water Department 251-653-7346

South Alabama Utilities 251-866-2365

#### **BALDWIN COUNTY**

Baldwin County Emergency Management Agency 251-990-4605

Baldwin EMC 800-837-3374

Daphne Utilities 251-626-2628

Fairhope Utilities 251-990-0139

Riviera Utilities 251-626-5000 (Daphne) 251-943-5001 (Foley)

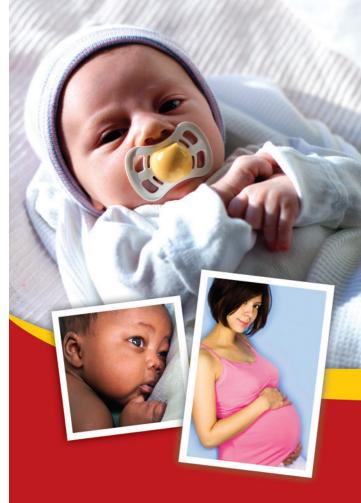
OTHER NUMBERS TO KNOW Your OB/GYN

Your Doctor

Your Child's Doctor

Your Insurance Company

Your Health Insurance Company



# PREPARING FOR DISASTER

Special Information for Mobile and Baldwin County Pregnant Women and Families with Newborns

# PURPOSE OF A PLAN

When disaster strikes, if vou're not able to evacuate, make sure you and your family have a plan in place to ensure your safety. A well thought out plan can make all the difference. If you are pregnant or have just had your baby, **it is important** to speak with your doctor about what to do during an emergency or disaster. This brochure contains information to keep your unborn and newborn safe.

- Develop an emergency plan for your family.
- Seek your doctor's advice in developing your plan if you are late in pregnancy or have any complications.
- Plan to stay with family, friends, or a motel in a safe location further inland.
- If you have no other place to go, talk with your doctor about recommended safe places.
- Make a list of emergency health information for you and your family, and get a copy of your prenatal records and your child's shot record after each doctor visit.
- Tell your doctor and someone outside of the storm area where you and your family will be during a disaster.
- Be familiar with your insurance company's regulations regarding prior authorization or prior approval, etc.



# WHAT IS THE PURPOSE OF AN OB/NEWBORN SHELTER?

OB/Newborn shelters provide a safe environment with supportive medical care. If you are more than 35 weeks pregnant, have a High Risk pregnancy, or have recently delivered, speak with your doctor to find out if you need to go to an OB/Newborn shelter in a disaster. Stay tuned to local radio and TV stations for information about OB/Newborn shelters. A shelter should only be used as a "last resort."

#### WHAT TO TAKE

- Food (mother's milk is the best food for a baby at this time), newborn formula, bottled water, and clothing for 72 hours
- Cash and credit cards
- Your bag for labor
- Diapers (estimate 10 per day), wipes, pacifiers, baby bottles, breast pump and supplies, baby carrier or bassinette, baby clothes, and other infant care items



- Hand sanitizer
- A rectal thermometer and lubricant
- Bedding material for cots (i.e. pillow, blanket, sheets)
- All medications, including non-aspirin liquid pain reliever and medical supplies
- Contact lists for relatives and doctors
- A copy of your prenatal records, your child's shot records, and your insurance card(s)
- Your Disaster Preparedness Kit
- Your caregiver

# **TRANSPORTATION**

If you do not have transportation, tune in to local radio and TV stations for information on getting to the shelter. Or, call 460-8000 in Mobile County or 990-4605 in Baldwin County for further instructions.

# LOCATION OF OB/NEWBORN **SHELTERS**

For updated information on shelters opening in your area and other important public service announcements, tune in to local AM/FM radio stations and TV stations or visit the Alabama Department of Public Health website at:

www.adph.org

# SHELTER SPECIFICS

If your physician advises you to go to a shelter, you should be aware that the following are prohibited:

- Smoking
- Weapons
- Alcohol
- Illicit Drugs



PLEASE NOTE!!!

An OB/Newborn Shelter is not a substitute for hospital care and should only be considered a last resort.