

# ARE YOU READY?



**Get Ready**

AN INITIATIVE OF THE  
AMERICAN PUBLIC HEALTH ASSOCIATION

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## 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.

### Plan your emergency supplies

All families should have at least a three-day supply of food and water stored in their homes, with at least one gallon of water per person per day. If you have the space, experts recommend a week's supply of food and water. Choose foods that do not require refrigeration and are not high in salt. Your stockpile also should contain flashlights, a manual can opener, a radio, batteries and copies of important documents. Depending on your family's needs, you also may need items such as medical supplies, pet food or contact lens solution.

If it is too expensive for you to buy everything for your stockpile at once, pick up one or two items every time you go to the grocery store. Stock up on canned vegetables, diapers or baby food when there is a sale. Bulk "club" stores also can help you save money on your supplies, especially if you split a case with a friend, co-worker or neighbor, who can serve as your "preparedness buddy."

Once you have assembled your stockpile, put it where you will not be tempted to "borrow" from it the next time you run out of wipes or need diapers. Remember: Your stockpile is for emergencies!

### Special supplies for your disaster preparedness kit

Put together an emergency kit for your family, including supplies such as flashlights, batteries, a first-aid kit, food and water.



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If you are pregnant, your kit should also have:

- nutritious foods, such as protein bars, nuts, dried fruit and granola
- prenatal medical records
- maternity and baby clothes
- prenatal vitamins and other medications
- extra bottled water
- emergency birth supplies, such as clean towels, sharp scissors, infant bulb syringe, sterile gloves, two white shoelaces, sheets and sanitary pads
- two blankets
- closed-toe shoes

If you have an infant, your kit should also have:

- a thermometer
- copies of vaccination records
- antibacterial wipes and hand sanitizer
- dish soap
- a portable crib
- baby food in pouches or jars to last seven days, and feeding spoons
- bottles
- two baby blankets
- extra baby clothes and shoes for older infant
- ready-to-feed formula that does not need water, to last seven days
- baby sling or carrier
- diapers, wipes and diaper rash cream to last seven days
- medications and infant liquid pain reliever, such as ibuprofen or acetaminophen

## Infant feeding during a disaster



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If you have an infant, breastfeeding is the best food for your baby after a disaster. It is naturally clean, helps protect your infant from illnesses and can provide comfort to both you and your baby. Continuing to breastfeed after a disaster will help keep up your milk supply.

If you are feeding your baby infant formula, ready-to-feed formula is recommended because no water is needed to prepare it. If it is not possible to use ready-to-feed formula, use bottled water to prepare the powdered or concentrated formula during and after a disaster, as water supplies may be contaminated. If bottled water is unavailable, use boiled water. When preparing formula with boiled water, let the formula cool before giving it to your baby.

Always clean all bottles and nipples before each use. Wash or sanitize your hands before preparing formula. If you are breastfeeding, you should think about getting

some ready-to-feed formula in case the emergency affects your milk supply or makes it so you cannot breastfeed.

## Storing your emergency supplies

- It is best to keep all your supplies together in case you have to evacuate quickly, such as during a hurricane.
- Store your stockpile somewhere that is easy to access during an emergency. A cool, dark place is ideal. Be sure not to store your food close to any solvents or cleaners that can leak or transfer fumes, or in an area of the house that is at risk for flooding.
- Keep your supplies together in a box or plastic bin that can be kept tightly closed to protect contents from humidity or pests.
- In a pinch, a laundry basket can make an easy storage container.
- Check your supplies regularly to make sure that nothing has leaked or is expired. A good tip is to use the twice-a-year clock change as a reminder to update your emergency stockpile.



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