



# Pregnancy during the Hurricane Season



The hurricane season begins on June 1 until November 30 every year. It is important to be prepared and develop a family emergency plan. Hurricanes do not only affect people living in coast areas, also can cause damage to those who live far from the coast. These provoke strong winds, floods, torrential rains and swells (huge waves). They are also dangerous and destructive. If you are pregnant you will need an emergency plan to deal with any emergency during and after the atmospheric phenomenon.

## Planning before the Tropical Cyclone

- Contact your obstetrician to establish a plan with your family.
- Identify a support network. Coordinate with a family member or friend to have company, because in case of an emergency you must be accompanied at all times.
- Prepare your vehicle by filling the fuel tank.
- Prepare a suitcase or package and keep it in an accessible area. The articles that must contain are:
  - ✓ Clothing, include pajamas;
  - ✓ Baby clothing;
  - ✓ Disposable diapers;
  - ✓ Prescription drugs;
  - ✓ Identification with photo and your medical health plan identification card;
  - ✓ Personal hygiene items; and
  - ✓ First aid items.

## Access to Hospital

- If the hospital where you will have your delivery is far from your home, identify relatives and/or close acquaintances to the hospital facility for easy access.
- Have Emergency telephones on hand such as:
  - ✓ Emergencies 9-1-1
  - ✓ Firefighters (787) 343-2330

- ✓ State Agency for Emergency and Disaster Management (787) 724-0124
- ✓ Puerto Rico Police 787-343-2020
- ✓ Medical Center 787-777-3535
- ✓ ASSMCA PAS Line 1-800-981-0023

## Prepare a Communication Systems

- Portable radios with additional batteries or solar batteries.
- Cell phone with charger and external battery.
- Coordinate a contingency plan with neighbors and family members in case of any eventuality.

## Emergency Supplies

Remember to have emergency supplies for at least ten (10) days.

- Water, at least one gallon per person per day, for drinking and sanitary purposes.
- Manual can opener.
- Pet food and additional water.
- Non-perishable food for at least ten (10) days per person (rice, pasta, canned tuna, canned mixed vegetables, sugar, salt, oil and cereals).
- Flashlights or solar lamps.
- Cash in large and small bills.
- Important family documents.

### **Benefits of breastfeeding before, during and after a hurricane**

Breastfeeding is the natural and ideal way to feed your baby in situations of natural disaster, since it does not require potable water to prepare the formula or wash bottles. Even, this milk does not need to be refrigerated. In addition, breast milk causes no damage and contains antibodies that help protect infants from frequent childhood illnesses such as pneumonia.

### **After the Tropical Cyclone**

- Stay informed through radio and/or television. Do not use electrical equipment that has been wet. If there is no electricity, use flashlights instead of candles.
- Never use a generator within twenty (20) feet of a window, open door or exit, where exhaust gases can enter to a closed area. Prevent carbon monoxide poisoning produced by generators.
- Avoid mosquito bites using insect repellents with any of the following active ingredients: DEET, Pocaridine, Lemon Eucalyptus Oil or IR3535. Dress in long-sleeved blouses and long pants. Use mosquito nets to sleep. Repair or install metal fabrics on windows and doors.

### **Stress**

Stress can cause complications during pregnancy. For example, a premature birth can cause that the baby born with low weight. It is important to choose healthy ways to manage stress in disaster situations. The more prepared you are, the lower the risk of suffering.

### **Remember**

- Hurricane season begins June 1 through November 30 of each year.
- Prepare and establish an emergency plan with your family and obstetrician.

- Prepare a package with items for you and your baby.
- Have phone numbers handy in case of an emergency.
- Have supplies for at least ten (10) days per person.
- Breastfeeding is a safe option for your baby.

### **Important**

If you need physical or behavioral emergency services, you can dial 9-1-1 or go to any emergency room.

If you have any symptoms that you understand requires immediate attention, before visiting an emergency room, you can call the Medical Advice Line at 1-844-347-7801, twenty-four (24) hours a day, seven (7) days of the week. TTY/TDD users should call 1-844-347-7804. When you call the Medical Advice Line before visiting an emergency room, you will be exempt from paying the copayment for services received during your emergency room visit.

### **For additional information**

Customer Service Department  
1-844-347-7800  
TTY/TDD 1-844-347-7805

Visit our website  
[www.firstmedicalvital.com](http://www.firstmedicalvital.com)

### **References**

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