



Pregnancy During Hurricane Season

Hurricane season is from June 1 to November 30 each year. This season can be very stressful for some people, including pregnant women. To avoid additional worries in the event of an energy power outage, evacuation, or storm recovery, it is important to prepare and develop a family contingency plan.

Planning Before the Hurricane

Before the atmospheric event, contact your obstetrician and establish a plan with your family.

Identify a support network. Coordinate with a family member or a friend to have company in case that an emergency arises you.

Prepare your vehicle by filling the gas tank. Have a suitcase or bundle ready and keep it in an accessible area. Items to include are:

- Clothing, including pajamas.
- Baby clothing.
- Disposable diapers.
- Medications prescribed for at least two weeks.
- Photo ID and your health plan card.
- Personal hygiene items.
- First Aid items.
- Copy of your medical and immunization records.



- Emergencies 9-1-1
- Firefighters (787) 725-3444
- Emergency Management and Disaster Administration (787) 724-0124
- Puerto Rico Police (787)793-1234

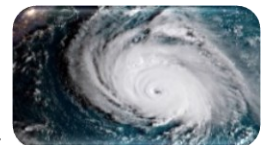
Remember to Have a Communication System Ready

- Portable radios with batteries or solar radios.
- Cell phone with charger and external battery.
- Coordinate with neighbors and relatives how to achieve communication among all if any eventuality.

Emergency Supplies

Remember to have at least ten (10) days of emergency supplies. Water, at least one gallon per person per day, for drinking and sanitary purposes.

- Non-perishable food for at least ten (10) days per person (rice, pasta, canned tuna, canned mixed vegetables, sugar, salt, oil and cereals).
- Manual can opener.
- Pet food and extra water.
- Disposable wet towels, garbage bags and paper towels.
- Propane gas.
- Flashlights or solar lamps.
- Cash in large and small bills.
- Important family documents.



Hospital Access

If the hospital where you will birth is far from your home, identify relatives and a connection close to the hospital facility for easy access. If you are experiencing complications in your pregnancy, check with your health care provider to discuss whether it is safe for you to leave before the atmospheric or if it would be better for you to go to a hospital or general shelter during the hurricane. Keep emergency telephone numbers handy, such as:

During the Hurricane

During the hurricane try to remain calm. If you experience any of these signs, seek for medical care or contact for immediate care, as soon as possible.

- Contractions every 10 minutes or more
- Leakage of vaginal fluid or bleeding
- Feeling that the baby is pushing down
- Dull low back pain (pain that is difficult to describe or localize)
- Abdominal cramps

After the Hurricane

Once the hurricane has passed and cleanup time begins, you must be very careful to not become dehydrated or overly tired. Dehydration can be a can be a factor that stimulates preterm birth labor. Remember to keep your medical appointments.

Benefits of breastfeeding before, during and after a hurricane

Breastfeeding is the natural and ideal way to feed your baby in natural disaster situations, as it does not require clean, potable water to prepare formula or wash bottles. Even this milk does not need to be refrigerated. In addition, breast milk is harmless and contains antibodies that help protect infants from common childhood illnesses such as pneumonia.

In times of pandemic

Prepare a “takeaway kit” that may include items that will help protect yourself and others from COVID-19, such as hand sanitizer with at least



60% alcohol, bar soap or liquid, disinfecting wipes, and two masks for each person. It is important that you always wear your mask and practice physical distancing (6 feet between people).

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

Referencias

(2022)<https://blog.ochsner.org/articles/what-to-expect-when-youre-expecting-during-hurricane-season>

(2022)<https://blog.ochsner.org/articles/be-prepared-building-a-disaster-supply-kit>

(2021)<https://www.cdc.gov/es/disasters/hurricanes/covid-19/prepare-for-hurricane.html>

(2021)<https://www.cdc.gov/spanish/nceh/especiales/huracanes/index.html>

(2022)<https://manejodeemergencias.pr.gov/contactenos/>

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