

Tip: Keep this half of the brochure on your refrigerator or in a location that is easy to find.

My important information

My desired place of birth

Name _____

Address _____

Telephone _____

My back-up healthcare provider
(if my first choice is not available)

Name _____

Telephone _____

My birth attendant
(physician or midwife, for example)

Name _____

Telephone _____

My birth partner (someone who can
comfort me during delivery)

Name _____

Telephone _____

A friend or neighbor who could look after
my other children or pets while I am in labor

Name _____

Telephone _____

My back-up plan for travel in case my birth
partner, friend, or family member is not
available

My insurance provider _____

ID# _____

The Section of Women's, Children's, and Family Health is dedicated to promoting women's health throughout the lifespan. Our mission is to promote optimum health outcomes for all Alaskan women, children, and their families.

For more information or additional copies of this brochure contact Laura Andersen at laura.andersen@alaska.gov or dial (907) 269-3400 (Toll free: 1-800-799-7570).

Additional resources for Alaskans

**www.alaska211.org
211 or 1-800-478-2221**

2-1-1 is a free call that connects Alaskans to information about critical health and human services around the state.

**www.ak-prepared.com
(907) 428-7000 or 1-800-478-2337**
State of Alaska emergency preparedness resources for residents, including daily advisories, disaster preparation checklists, and links to information about pandemics and other emergencies.

www.ready.gov
FEMA's ready.gov website includes additional information for families. Available in many languages and with preparedness games for kids.

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Staying safe

Disaster preparedness for pregnant women and families with infants



Prepare now and keep your family safe. This brochure will help you prepare for disasters, respond with supplies, recover with low stress, and rebuild your healthy family.

Prenatal care and disaster preparedness

Mother Nature can be unpredictable. But as a mother, you can be prepared.

Pregnant women and mothers of infants are more likely to experience health problems during disasters, including premature birth (early delivery) and miscarriage.

Now is a good time to plan for your safety and the safety of your family. To plan ahead, talk to your healthcare provider, partner and family. Together, you can make a birth plan that includes what you'll do during a disaster and how you can avoid stress during this time.

State of Alaska
Sean Parnell, Governor
Department of Health and Social Services
William J. Streur, Commissioner



During pregnancy, you may experience increased stress due to changes in your body. Severe or major stress that is constant can cause health problems, including premature birth (early delivery) and miscarriage.

Avoiding stress during disasters

- Talk to your friends and family if you are feeling sad or anxious. These feelings are normal; by talking about them you may relieve stress.
- Rest as much as you can. Close your eyes and take deep breaths from your belly. Staying calm and relaxed can help reduce contractions that lead to early labor.
- Stay hydrated. Drink plenty of liquids and eat fruits and vegetables, if available.
- If you have already had your baby, breastfeed! Breastfeeding releases hormones that help you and your baby relax. During a disaster, breastmilk is also the safest food your baby can eat.

Prepare for birth emergencies

- Take a childbirth class to learn about labor, delivery and after-birth care.
- Prepare a birth emergency kit that includes clean towels, sheets, latex or vinyl gloves, sanitary pads, water, soap and diapers.
- Learn the signs of early labor. Talk with your healthcare provider so you feel confident identifying these signs.
- Learn infant CPR (first aid).
- Develop a home emergency plan. www.ready.gov has sample plans online.



Preparing for disasters: A supply checklist for families

Prepare for limited access to food and utilities (such as water and electricity) for at least three days and possibly up to two weeks.

Water

- At least one (1) gallon of water per family member per day for drinking, food preparation, and sanitation (plan for at least three days)
- Water treatment tablets/water filtration system

Healthy foods that do not need to be heated

- Canned food (beans, fruit, vegetables, baby food)
- Non-perishable juice and milk
- Ready-to-feed formula (no water to add)
- A non-electric can opener
- Matches or other fuel source kept in a waterproof container

Personal care items

- Toiletries (toothbrush, soap, prescription medicines)
- Diapers, baby wipes, hand sanitizer
- Feminine hygiene products, nursing pads
- Extra clothing (maternity garments, underwear, warm outerwear)

Sanitation

- Toilet paper
- Soap
- Plastic garbage bags & ties (for personal waste)
- Disinfectant or household bleach
- Paper towels

Other supplies

- First-aid kit
- Radio (crank radio if possible, or radio with extra batteries)
- Flashlight with extra batteries
- Zip-top bags
- Important documents: government identification cards, marriage/birth certificates, medical records
- Cash
- Blankets

For a complete list visit www.ak-prepared.com