

E-Blast Hurricane Preparedness During Pregnancy

Being pregnant during hurricane season can increase stress when preparing a family emergency plan. Weather conditions may make it more difficult to access medical care due to flooding or hospitals operating at high capacity. The more prepared you are, the safer you will feel and the better you can manage stress during this season.

Prepare a checklist and mark the items you have already completed, including:

- Identify nearby shelters and safe evacuation routes.
- Have cash available.
- Establish a support network; during an emergency it is important to have someone with you, so arrange for a trusted family member or friend.
- Make sure your vehicle has sufficient fuel (gasoline).
- Keep emergency contact numbers readily available.
- Consult with your obstetrician-gynecologist about what to do if you experience contractions.
- Prepare an emergency bag with essentials for your family and keep it in an accessible place. Include items such as: flashlights, batteries, medications, water, food, clothing, cash, identification documents, and your health plan card.

After a weather event:

- Avoid lifting heavy objects.
- Maintain a healthy diet.
- Use safe or bottled/distilled water.
- Rest whenever possible.
- Use mosquito repellent.

Preparing in advance can help protect your health and your baby's well-being during an emergency.

Reference:

<https://www.houstonmethodist.org/blog/articles/2025/may/hurricane-birth-plan-how-pregnant-and-postpartum-women-can-prepare-for-hurricane-season/>