

## ITEMS FOR YOUR DISASTER PREPAREDNESS KIT

### GENERAL

- Clean towels
- Waterproof pads
- Medium-sized bowl (for collecting the placenta)
- Disposable gloves

### FOR BABY

- Breast pump and supplies
- Newborn cap
- Case of diapers and wipes
- Hot water bottle (for warmth)
- Suction bulb
- Receiving blankets

### FOR MOM

- Cold packs
- Acetaminophen
- Sanitary pads

### CUTTING THE UMBILICAL CORD

- White shoelaces or cord clamps
- Sharp, clean scissors or unused razor blade
- Alcohol wipes

### AFTER THE BIRTH

- Baby sling
- Remember: Mother's milk is the best food for babies in an emergency!

*Special thanks to the contributors that made this brochure possible:*



March of Dimes



MCH Emergency Preparedness Summit Members:

ALL Kids • American Red Cross • Clarke County EMA • D.W. McMillian Memorial Hospital • Gift of Life • Memorial Hospital of Gulfport • Mobile County EMA • Mobile County Health Department • Mobile Infirmary Medical Center • MOMCare Medicaid Maternity Program • USA Children's & Women's Hospital • North Baldwin Infirmary • Providence Hospital • South Baldwin Regional Medical Center • Thomas Hospital

## NUMBERS TO KNOW

Emergency  
911

Alabama Power Company  
800-245-2244

### MOBILE COUNTY

Mobile County Emergency Management Agency  
251-460-8000

Mobile Area Water and Sewer Service  
251-694-3165

Mobile County Water Department  
251-653-7346

South Alabama Utilities  
251-866-2365

### BALDWIN COUNTY

Baldwin County Emergency Management Agency  
251-990-4605

Baldwin EMC  
800-837-3374

Daphne Utilities  
251-626-2628

Fairhope Utilities  
251-990-0139

Riviera Utilities  
251-626-5000 (Daphne)  
251-943-5001 (Foley)

### OTHER NUMBERS TO KNOW

Your OB/GYN

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Your Doctor

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Your Child's Doctor

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Your Insurance Company

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Your Health Insurance Company

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# PREPARING FOR DISASTER

Special Information for Mobile and Baldwin County Pregnant Women and Families with Newborns

## PURPOSE OF A PLAN

When disaster strikes, **if you're not able to evacuate**, make sure you and your family have a plan in place to ensure your safety. A well thought out plan can make all the difference. If you are pregnant or have just had your baby, **it is important to speak with your doctor about what to do during an emergency or disaster.** This brochure contains information to keep your unborn and newborn safe.

- Develop an emergency plan for your family.
- Seek your doctor's advice in developing your plan if you are late in pregnancy or have any complications.
- Plan to stay with family, friends, or a motel in a safe location further inland.
- **If you have no other place to go, talk with your doctor about recommended safe places.**
- Make a list of emergency health information for you and your family, and get a copy of your prenatal records and your child's shot record after each doctor visit.
- Tell your doctor and someone outside of the storm area where you and your family will be during a disaster.
- Be familiar with your insurance company's regulations regarding prior authorization or prior approval, etc.



## WHAT IS THE PURPOSE OF AN OB/NEWBORN SHELTER?

OB/Newborn shelters provide a safe environment with supportive medical care. If you are more than 35 weeks pregnant, have a High Risk pregnancy, or have recently delivered, speak with your doctor to find out if you need to go to an OB/Newborn shelter in a disaster. Stay tuned to local radio and TV stations for information about OB/Newborn shelters. **A shelter should only be used as a "last resort."**

### WHAT TO TAKE

- Food (mother's milk is the best food for a baby at this time), newborn formula, bottled water, and clothing for 72 hours
- Cash and credit cards
- Your bag for labor
- Diapers (estimate 10 per day), wipes, pacifiers, baby bottles, breast pump and supplies, baby carrier or bassinet, baby clothes, and other infant care items
- Hand sanitizer
- A rectal thermometer and lubricant
- Bedding material for cots (i.e. pillow, blanket, sheets)
- All medications, including non-aspirin liquid pain reliever and medical supplies
- Contact lists for relatives and doctors
- A copy of your prenatal records, your child's shot records, and your insurance card(s)
- Your Disaster Preparedness Kit
- Your caregiver



## TRANSPORTATION

If you do not have transportation, tune in to local radio and TV stations for information on getting to the shelter. Or, call 460-8000 in Mobile County or 990-4605 in Baldwin County for further instructions.

## LOCATION OF OB/NEWBORN SHELTERS

For updated information on shelters opening in your area and other important public service announcements, tune in to local AM/FM radio stations and TV stations or visit the Alabama Department of Public Health website at:

[www.adph.org](http://www.adph.org)

## SHELTER SPECIFICS

If your physician advises you to go to a shelter, you should be aware that the following are prohibited:

- Smoking
- Weapons
- Alcohol
- Illicit Drugs



**PLEASE NOTE!!!**

An OB/Newborn Shelter is not a substitute for hospital care and should only be considered a last resort.