



Healthy Start

Coalition of Hillsborough County

DISASTER PREPAREDNESS

Pregnant Women & Families

RESOURCES

Emergencies call 9-1-1

To speak to a Healthy Start worker call 813-490-5490

- [American Red Cross](#)
- [Disaster Preparedness](#)
- [Emergency Financial Preparedness Toolkit](#)
- [Emergency Preparedness for People with Disabilities](#)
- [FEMA](#)
- [Hillsborough County Emergency Management](#)
- [Hurricane/Emergency Helpful Links & Information](#)
- [Make a Plan](#)
- [National Hurricane Preparedness - NOAA & NWS](#)

While we can't say which way the wind will blow the hurricane, we want to ensure that pregnant women and their families are taking the necessary precautions in case things take a turn for the worse. It is vital to have a plan for disasters such as hurricanes to avoid added stress on a family, especially during pregnancy.

These tips should come in handy in creating a family communications plan so mom, dad and any other family members involved know what to do as a team before, during and after a hurricane or in an evacuation.

To begin with, everybody needs to have a disaster supply kit and secure any missing items if possible and make sure their cars are filled with gas, etc. But if you are pregnant or have an infant, it is important to plan accordingly.

For pregnant moms, March of Dimes has a recommended [packing list found here](#). Make sure to pack enough bottled water to keep hydrated and do not lift large or heavy objects – have a friend or family member help you. If you are close to your due date, talk to your health care provider about what to do in case of emergency. For moms with infants, here are some helpful tips for families facing emergency situations:

- **Keep a list of numbers** that are important including your health care provider, case manager and hospital and keep a copy of you and your baby's medical records and your baby's immunization records.
- **Babies have an increased need** during emergency situations for comfort provided by breastfeeding and it can also provide stress relief for mom. It is the best recommendation during hurricanes as you do not need refrigeration or clean bottles.

If you are concerned about the health of you or your baby, contact your health care provider or emergency room immediately.

After the hurricane blows over, there are

still many precautions to take. Do not bring any babies or children into a home that has been evacuated from until it has been checked for gas leaks, electrical system damage and sewage and water line damage.

Watches and Warnings

The National Weather Service issues a hurricane watch when the threat of hurricane conditions falls within 24-36 hours, and when conditions are expected in 24 hours or less a hurricane warning is issued. It is important to follow the advice of government officials and local law enforcement, so please listen when told to evacuate under their direction for the safety of you, your baby and your whole family.

HURRICANE SEASON

June 1st thru November 30th

Download the Hillsborough County [Annual Disaster Planning Guide](#), and [Ready.gov Preparedness Guide](#)

Know your hurricane facts and understand common terms used during hurricane forecasts:

- **Tropical Storm Watch:** Tropical storm conditions are possible in the area.
- **Hurricane Watch:** Hurricane conditions are possible in the area. Watches are issued 48 hours in advance of the anticipated onset of tropical storm force winds.
- **Tropical Storm Warning:** Tropical storm conditions are expected in the area.
- **Hurricane Warning:** Hurricane conditions are expected in the area. Warnings are issued 36 hours in advance of tropical storm force winds.
- **Eye:** Clear, sometimes well-defined center of the storm with calmer conditions.
- **Eye Wall:** Surrounding the eye, contains some of the most severe weather of the storm with the highest wind speed and largest precipitation.
- **Rain Bands:** Bands coming off the cyclone that produce severe weather conditions such as heavy rain, wind and tornadoes.
- **Storm Surge:** An often underestimated and deadly result of ocean water swelling as a result of a landfalling storm, and quickly flooding coastal and sometimes areas further inland.

indoors should be secured.

- Turn over objects that collect rainfall and can become breeding grounds for mosquitoes.
- Keep your insurance information and other important documents in a fireproof, waterproof safe or box. Inventory everything you have with video or photos.

Evacuation Plans

If you live in an evacuation zone, you may be called to evacuate in an emergency. Mobile and manufactured home residents throughout the county must evacuate when an order is called. When creating an evacuation plan, consider the following:

- Have a plan on where you will relocate.
- Plan for delays and multiple stops; keep your gas tank full.
- Keep cash on hand in case you need to utilize a transportation service.
- Know where to find [Evacuation Routes](#) to get on the highway faster.

Shelter in Place Plans

Sheltering in place may be best if you're not in an evacuation zone, or if there is not a hurricane-related disaster. To shelter in place, follow these steps:

- Go inside immediately; take family and pets with you.
- Close and lock your doors and windows.
- Turn off your fans and air conditioning.
- Turn off all exhaust fans in kitchens, bathrooms, or other spaces.
- Go into an interior room with as few windows as possible.
- Stay in place until advised it's safe to leave.

During an Evacuation

- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your emergency supply kit.

- Leave early enough to avoid being trapped by severe weather.
- Take your pets with you but understand that only service animals may be allowed in some public shelters. Plan how you will care for your pets in an emergency now.

Don't Forget Your Pets

Here are some important tips for taking precautions for your pets:

- Make sure that your pet's County registration tag, vaccinations and medications are up-to-date. If possible, get a microchip and extra medications.
- [Create a disaster kit and I.D. packet](#) for your pet including a seven-day supply of food and water per pet, waste disposal items, pet medication, and comfort items like their favorite toys and blankets. Your pet's waterproof I.D. packet needs to contain your contact information and family veterinarian information, the microchip and County pet registration tag numbers, and any information on medical needs.
- Get a cage or carrier that's easy to transport and large enough for your pet to stand up and move around in.
- Public [pet-friendly shelters](#) are available in Hillsborough County, but they should be used ONLY as a last resort. [Learn here about what to expect at these local shelters.](#)

