



Disaster Birth Plan

Hospitals, birthing centers, doctors, midwives, and doulas may all have different policies and protocols during a hurricane or storm. Understanding how your care team operates ahead of time and how to find care if they are unavailable can help keep you and your baby safe. Work with your care team to understand their procedures and develop a plan should you require medical care or go into labor during a hurricane or storm. **Keep a printed (paper copy) of this plan with you.**

Discuss the following with your care team to know what to expect:



What are your hurricane procedures?

How will I be notified of changes to my care team or plan? (for example, if providers evacuate or if facilities are not accepting patients)

If my preferred facility/medical team becomes unavailable, where should I seek care?

Are there parts of my birth plan I might have to modify during a hurricane or storm (for example, expected birthing suites/amenities may be unavailable; support persons limited)?

Will anything change about my newborn's care during a storm (i.e., nursery services, rooming-in policies, length of stay, lactation services, NICU availability, circumcision availability)?

How will scheduled inductions or C-sections be handled?

Will interpretation services be disrupted, if needed?

Are there any other considerations I should plan for, given my unique circumstances (for example, other medical conditions)?

NOTES:



Birth Location Information:

Primary Location (address & phone):



Secondary Location: (address & phone):

Evacuation Location: (address & phone):

To get information about what hospitals/facilities are offering prenatal care or obstetric services during a storm, I should contact:

Provider Information:

OBGYN Provider Contact info:



Expected availability during a storm/hurricane:

Alternate provider if OBGYN becomes unavailable:

Expected availability during a storm/hurricane:

Emergency Medical advice/consultation contact info:

Expected availability during a storm/hurricane:

Medical Information Needed for a New Care Team



Should you have to relocate to a new hospital or care team, be sure to have the following information available (printed in case of power loss):

Current medications and doses

Relevant physical findings of your pregnancy

Durable medical equipment needed

Other relevant information a care team would need (e.g., allergies, medical conditions, blood type, relevant medical history)

You can often ask for or access relevant parts of your medical record or a "pregnancy care summary". Print this prior to the storm and keep these records in your emergency to-go bag.



Discuss the following with your care team about ongoing medical care:

If my pregnancy is high-risk, are there other steps I should take?

What are the signs and symptoms of pre-term labor? What steps should I take if I experience them?

Given my unique pregnancy, are there other signs or symptoms I should watch for? What steps should I take if I experience them?

If I become exposed to an environmental hazard (floodwaters, toxins), what steps should I take?

NOTES:

Emergency Labor & Delivery Plan



Although unlikely, it is important to discuss with your medical provider what to do if you go into labor and cannot access a hospital or medical facility. This has taken folks by surprise and many found it even more difficult because they did not know what to do or expect. Include a support person in these plans if possible. Be sure to ask about:

- **Hygiene and safety** (i.e. handwashing)
- **Items to have on hand** (i.e. flashlight/lantern, clean blankets or towels)
- **Newborn care, feeding, and sleeping**

Seek medical care as soon as roads and services are accessible.

Additional Resources:

Safety Messages for Pregnant, Postpartum, and Breastfeeding Women During Natural Disasters and Severe Weather

https://www.cdc.gov/reproductive-health/emergency-preparation-response/safety-messages.html#cdc_generic_section_4-during-and-after-a-natural-disaster-if-you-are-breastfeeding-or-feeding-a-baby

Feeding Your Child Safely During a Disaster

<https://www.cdc.gov/breastfeeding/php/guidelines-recommendations/feeding-your-child-safely-during-a-disaster.html>

Disaster Distress Helpline

<https://www.samhsa.gov/find-help/helplines/disaster-distress-helpline>

Mother to Baby Exposure Information

<https://mothertobaby.org/contact/>
Call 866.626.6847
Text 855.999.3525

