

A HURRICANE IS COMING WHAT DO I DO?

Information for Indian River County Pregnant Women

HURRICANE WATCH:

Patients should make all attempts to keep their scheduled appointments. Call your provider's office to confirm your appointment. Barring any unforeseen conditions, your provider's office should remain open to see all scheduled patients.

WHAT TO DO TO START PREPARING FOR A STORM:

Please make sure that your provider has all current, accurate contact information for you. Make sure to have a storm plan and supplies on hand (including a 2 week supply of your current medications in their original bottles). You will need to drink plenty of water and remain calm.

HURRICANE WARNING:

If you are less than 36 weeks pregnant...

Please call your provider to let them know where you will be during the storm.

If you are at least 36 weeks pregnant and not exhibiting signs of labor...

Please call your provider to get further instructions. Some providers will want you to COME IN for a labor check. Make sure to get copies of your medical records in case you need to evacuate. Keep your medical records with you as you develop your individual storm plans.

Regardless of your pregnancy state...

1. Establish a personal/family storm plan that identifies an evacuation location, meeting place if you are separated from your family and a list of all your prescribed medications and dosage if you should lose your prescriptions during the storm.
2. Be sure to monitor the TV and radio stations for storm reports.
3. If you can evacuate from the storm's path, we recommend that you leave the area. **Do not leave during a hurricane as the risk is too great when the winds are strong.**
4. If you choose not to evacuate, and you feel safe in your home, please remain inside your home.
5. If you feel unsafe in your home or if you live in an evacuation zone, we recommend that you contact a friend or family member to stay with them.
6. If there is a mandatory evacuation order issued for the area of your home, we strongly recommend you evacuate to a safe location.
7. If you have no other alternative, seek shelter in one of the county-manned storm shelters. Make sure to bring copies of your medical records with you.
8. If you are exhibiting any signs of labor such as increased vaginal discharge or contractions, go to the Emergency Department at Indian River Medical Center with your medical records. If you have evacuated our community, then go to the Emergency Department of the nearest hospital.

NOTE: You should go to Indian River Medical Center if you are told so by your health care provider or if you are in labor or have a medical emergency. You may bring one person that will stay with you. You will need to bring supplies including water, food and bedding for the person coming with you. The hospital cannot accommodate family members or children during a hurricane.

AFTER THE STORM:

To prevent dehydration and exhaustion follow these suggestions:

1. Drink plenty of water or beverages that do not contain alcohol or caffeine.
2. Take cool showers or sponge baths and stay in the shade or air-conditioned areas. If you have to be outside in the heat, drink lots of water and bring an umbrella for shade.
3. Do not lift heavy objects.
4. Take frequent rests.
5. Try to eat as healthy a diet as possible.
6. Keep all doctor appointments.
7. Continue to listen for information on the radio or TV, if available. Look for resources if needed.

If you are concerned about the condition of your baby or yourself contact your provider or emergency room immediately.



Questions?

**Contact your health care provider or
Indian River County Healthy Start Coalition at 563-9118**