

Wildfires: Information for Pregnant Women and Parents of Young Infants

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- When checking into a shelter or temporary housing, tell the staff you are pregnant or if you think you might be pregnant.
- Seek prenatal care even if it is not with your usual provider.
- If you have your prescription medicines with you, take them as directed.
- If you don't have your prescription medicines with you, ask health care providers at the shelter for assistance in getting them.
- Make sure health care providers know about any special needs or health problems that you have, as well as any medicines you might be taking (both over the counter and prescription.)
- Drink plenty of water.
- Avoid breathing smoke or fumes from recently burned buildings or houses.
- Rest often.

If you're a pregnant woman who might be evacuated from your home, please do the following:

- Be prepared to evacuate quickly and have important items (listed below) ready to go— you may not have much time.
- Take copies of any medical records with you.
- Take your prescription medicines with you.
- Bring bottled water to make sure you have plenty to drink.

- Be prepared to tell the staff at the shelter or temporary housing you are pregnant or if you think you might be pregnant.
- Be prepared to continue your prenatal care— even with a different provider, if necessary.
- Be prepared to tell the health care providers about any special needs or health problems that you have, as well as any medicines you might be taking (both over the counter and prescription.)
- Avoid breathing smoke or fumes and stay away from areas where there is a lot of smoke. Stay indoors if possible.
- Rest often.

If you are a parent with a young infant who has been evacuated from your home, please do the following:



- When checking into a shelter or temporary housing, tell the staff if you know of any special needs or health problems your baby has.
- If your young infant needs prescription or over the counter medicine, and you have them, give them as directed.
- If you don't have your infant's medicine with you, ask health care providers at the shelter for assistance in getting it.
- Make sure your baby gets plenty of breast milk or formula.
- Keep your baby away from areas where there is smoke or fumes, and stay indoors if possible.

If you are a parent with a young infant who might be evacuated from your home, please do the following:

- Be prepared to evacuate quickly and have important items (listed below) ready to go— you may not have much time.
- Take copies of your baby's immunization records with you.
- Take your baby's medicines with you.
- Make sure your baby gets plenty of breast milk or formula— bring as much as you can.

- Make sure health care providers at shelters or temporary housing know of any special needs or health problems your baby has, as well as any medicines your baby is taking (both over the counter and prescription).
- Keep your baby away from areas where there is smoke or fumes, and stay indoors if possible.