

Pregnant? Keep these things in mind during an emergency.

If you're pregnant, there are extra things you should prepare for in case of an emergency to keep you and your baby safe. Always follow the directions of local authorities and emergency workers.

Things to know before an emergency happens.

You don't know when an emergency will happen, but knowing these things can help keep you and your baby safe in case of an emergency.

- Learn other ways to get to your prenatal care provider's clinic and the hospital or birth center where you plan to have your baby. Your usual ways to get there may not be safe during an emergency.
- Even if you think you're not far enough along, learn the signs of labor. If you notice any of the signs during an emergency, let an emergency worker know. Extra stress during an emergency may trigger labor.
- Find ways to manage stress and practice them. This may be easier said than done, but it's important to manage stress during pregnancy. Extra stress during an emergency may make it more likely for your baby to be born early.

Things to keep in mind during an emergency.

- Let any emergency workers who help you know that you are pregnant. This includes emergency responders like paramedics or firefighters, shelter workers, and others. They may be able to do extra things to help you.
- Keep taking a prenatal vitamin with folic acid and prescribed medications as best you can.
- Use insect repellent and wear clothes that cover your skin to prevent insect bites. During pregnancy, it's extra important to protect yourself from insect bites because insects can carry diseases that are dangerous during pregnancy.
- Do not drink, cook with, or wash with any tap water during an emergency unless you have been told by authorities that it is safe.
 - Bringing water to a rolling boil for one minute can remove germs, but won't remove chemicals. Local authorities will help you know what to do to make your water safe.
- If you have symptoms of labor, notice that your baby hasn't moved as much as usual, have unusual pain, feel sick, or feel like there are any other problems, tell an emergency worker right away and make sure they know you're pregnant.

More resources

Be Ready Utah

Visit beready.utah.gov to learn more about emergency preparedness in Utah.

Federal Emergency Management Agency (FEMA)

Visit fema.gov to learn more about emergency preparedness in the United States.

Emergency alerts

Visit ready.gov/alerts to learn more about different warning alerts and how to get them.

Your prenatal care provider

Your doctor or midwife is often the best resource for information about your situation.