

## Important Information About You and Your Pregnancy During a Disaster

Please ask your doctor to review this card.

**Keep this card with you at all times during a disaster.**

Seek help at the *nearest* hospital.

Your Name: _____	Estimated Due Date: _____
Your Date of Birth: _____	Allergies: _____
Current Medications: _____	Blood Type: _____
_____	GBS Status: _____
_____	
Your OB Doctor is: _____	Your OB Doctor's Phone Number is: _____

### Circle any current or past medical problems:

Hypertension      Diabetes      Preterm Labor      Previa      Bleeding Disorder      Postpartum Hemorrhage      Asthma

## During a Disaster

### Adventures of a Labor Nurse

- Before a disaster, identify a safe place. Have a plan.
- Seek prenatal care even if it is not with your usual provider.
- Drink plenty of water and rest as often as you can.
- If you have your prenatal vitamins or other medicines with you, take them as directed.
- If you are pregnant be especially careful to avoid infections or toxins that may be in the environment.
- Be careful not to drink contaminated water. If there is any chance of your water being contaminated, do not drink it or use it for food preparation or tooth brushing.
- Wash your hands often and encourage others to cover their coughs.
- If you think something is wrong with you or your baby, or if you think you are in labor, call your health care provider or 911 or go to the nearest hospital immediately.
- If you are experiencing signs of distress as a result of a disaster, the Disaster Distress Helpline provides 24/7, year-round counseling and support. Call 1-800-985-5990.

Go to the *nearest* hospital if you think something is wrong with you or your baby, or if you think you are in labor.

<p style="text-align: center;"><b>Signs of Preterm Labor</b></p> <ul style="list-style-type: none"> <li>• Contractions every 10 minutes or less</li> <li>• Unusual pelvic pressure—the feeling that your baby is pushing down</li> <li>• Low, dull backache</li> <li>• Period-like cramps, with or without diarrhea</li> </ul>	<p style="text-align: center;"><b>Signs of Active Labor</b></p> <ul style="list-style-type: none"> <li>• Regular contractions every 5 minutes or less</li> <li>• Contractions may start in your back or your abdomen</li> <li>• Contractions get stronger and last longer</li> </ul>	<p style="text-align: center;"><b>Signs of Preeclampsia</b></p> <ul style="list-style-type: none"> <li>• High blood pressure (talk to your doctor)</li> <li>• Persistent headache that does not go away with Tylenol</li> <li>• Visual problems: seeing double, seeing spots, seeing a “halo”</li> <li>• Pain above your belly button, but below your breasts</li> </ul>
<p style="text-align: center;"><b>Fetal Kick Counts</b></p> <ul style="list-style-type: none"> <li>• You should feel at least 10 fetal movements in a 2 hour period</li> <li>• Be sure to eat, drink, and pay attention to these movements if you are unsure</li> </ul>	<p style="text-align: center;"><b>Bleeding</b></p> <ul style="list-style-type: none"> <li>• You may have a small amount of bleeding if you recently had a vaginal exam, or if you recently had sex</li> <li>• If you have to put on a pad, that is not normal, and you need to call your doctor or go to the nearest hospital</li> </ul>	<p style="text-align: center;"><b>Other Reasons to Go to the Nearest Hospital</b></p> <ul style="list-style-type: none"> <li>• If your water breaks</li> <li>• If you have a fever greater than 100.4</li> </ul>