

Before you go:

See your doctor, if possible, before you evacuate if late in pregnancy or having any complications.

Ask your doctor for the name and phone number of a doctor where you are going to travel.

Take a copy of your health record with you.

Keep your travel plans easy to change. Problems can come up at any time.

Wear comfortable shoes and clothing. You may want to wear support or pressure stockings. Make sure you bring changes of clothing in case of accidents or long time away from home.

Be careful when packing to evacuate not to lift heavy items. Ask for help from family or friends to pack anything weighing more than 20 pounds.

On the road:

Bring a traveling companion. This way, you can take turns driving and get rest in between. You will also have help with you if an emergency arises.

Try to walk around about every hour. Stretching your legs will lessen the risk of blood clots and make you more comfortable. It also will decrease the amount of swelling in your ankles and feet.

Carry some light snacks with you to help prevent nausea.

Take time to eat. A balanced and healthy diet during your trip will boost your energy and keep you feeling good. Be sure to get plenty of fiber to ease constipation, a common travel (and pregnancy) problem.

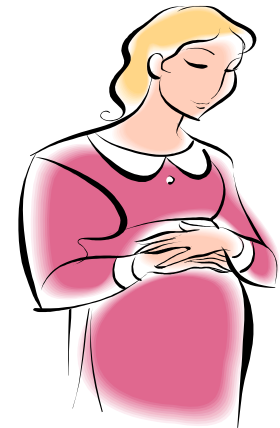
Drink plenty of fluids to help prevent urinary tract infections. Take a bottle of water or some juice with you.

Don't take any medication not prescribed for you. Don't take any medicine—including motion-sickness pills, laxatives, diarrhea remedies, or sleeping pills—before checking with your doctor.

Get plenty of sleep, and rest often.

Stretch your back muscles from time to time.

Don't do too much. It's vital to adjust your pace when you are pregnant.



Make a plan.

It's up to you to keep those you love safe in a disaster.

Making a plan gives you peace of mind.

It lets you know your loved ones will get out safely...

That they are in a secure place...

That they get the care they need...

That they have all the provisions they need...

And that nothing is left to chance.

**Help yourself and those you love.
Make your plan today.**



CITY OF NEW ORLEANS

For more information on City of New Orleans emergency preparedness and evacuation:

1-877-286-6431
1-800-981-NOLA (TTY)
or visit
www.cityofno.com

To access other national emergency resources, go to

www.ready.gov

Evacuation and Pregnancy

An information guide
for moms-to-be and
their families.

