

Emergency Preparedness Checklist for Breastfeeding

What emergencies may occur in your area?

- Disease
- Fire
- Flood
- Hurricanes
- Snow Storms/Blizzards
- Power Outages
- Tornadoes

**Call your local emergency management office for help

Breastfeeding Matters!

- It protects infants from the risks of using contaminated water supplies during a disaster.
- Breast milk is available all the time without needing other supplies.
- Protects against respiratory illnesses and diarrhea, which can be fatal to displaced families.
- It is always sanitary and safe and requires no electricity or water which may be in short supply.

Emergency Contacts:

1. Healthcare providers: _____ Phone: _____
2. Family members: _____ Phone: _____
3. Hospitals: _____ Phone: _____
4. IBCLCs(International Board Certified Lactation Consultants) in your area: _____ Phone: _____
5. Town/City Hall: _____ Phone: _____
6. Other: _____ Phone: _____
7. Other: _____ Phone _____
8. CALL 911 for any Medical Emergency

Make an emergency kit!

- Water (one gallon per person per day)
- Non-perishable foods
- Can opener
- Batteries
- Flashlight
- Radio with batteries
- Candles and lighter
- First-aid kit
- Medications
- Money
- Clothes and shoes
- Blankets



This institution is an equal opportunity provider

