Prepare for Wildfire Season: A Guide for Pregnant Women

Pregnancy is a time to take extra care to protect yourself against wildfire smoke.

PROTECTING YOURSELF DURING WILDFIRE SEASON

When you're pregnant, it's important to take extra precautions during wildfire season. Here's how to stay prepared:

- **Talk to Your Healthcare Provider:** Discuss where you'll get prenatal care or deliver your baby if your doctor's office or hospital is closed.
- **Know the Signs of Labor:** Be familiar with both labor and early labor signs, so you're ready when the time comes.
- **Stock Up on Medicine:** Keep a 7 to 10-day supply of prescription meds and prenatal vitamins in a waterproof, childproof container in case of evacuation.
- **Pack a Go-Bag:** Include essentials for both mom and baby—clothing, medical records, and insurance information.
- **Choose No-Cook Groceries:** Frying or grilling indoors can worsen air quality. Eat foods that don't need cooking.

DURING A WILDFIRE SMOKE EVENT

- **Monitor Air Quality:** Pay attention to air quality reports and follow guidelines for "sensitive individuals."
- **Stay Indoors:** Keep windows and doors closed. Use an HVAC system with a filter or a portable air purifier if available.
- **Check the CDC's Heatrisk Dashboard:** If it's hot and your HeatRisk level is orange or higher, find a cooling center by calling 2-1-1 or contacting your local health department. Click here to check your HeatRisk.
- **Evacuate if Needed:** If you experience breathing issues that don't improve, consider evacuation.
- **In Case of Labor:** Know the signs of labor. If it happens, contact your healthcare provider or 9-1-1 and head to the hospital if it's safe.
- **At Shelters:** Inform officials if you're pregnant and wear a mask over your nose and throat if going outside during wildfire smoke events.

AFTER A WILDFIRE

- **Wait for the All-Clear:** Don't return home until local authorities confirm it's safe.
- **Be Cautious of Lingering Smoke:** Smoke can stay in the air for days after wildfires. Continue to monitor air quality.
- **Avoid Ash:** Protect yourself by avoiding direct contact with ash and wash it off your skin and out of your eyes as soon as possible.

For more information, visit https://www.cdc.gov/wildfires/risk-factors/wildfire-smoke-and-pregnancy.html