

Natural Disasters and COVID-19: Preparedness

Pregnant People, Postpartum People, and Infants



Natural disasters and public health emergencies, like the COVID-19 pandemic, can make it harder to gain access to medical services. Based on what we know at this time, [pregnant people are at increased risk](#) for severe illness from [COVID-19](#) compared to non-pregnant people. Infants may encounter additional risks during emergencies because their immune systems are still developing and they are dependent on parents, guardians, and caregivers.

If you are pregnant, breastfeeding, or caring for a newborn, you can follow these tips to help you stay safe [before, during, and after a natural disaster](#):

- If you are pregnant or breastfeeding, you may choose to [receive a COVID-19 vaccine](#). You may want to have a conversation with your healthcare provider to help you decide.
- Follow recommendations for [protecting yourself from COVID-19 while preparing for a hurricane](#) this season.
- Learn how to [protect yourself and your family from COVID-19](#). Take steps to [prevent getting COVID-19](#).
- Prepare an [emergency kit pdf icon](#)[PDF – 412 KB][external icon](#) that includes at least a 3-day supply of food and water for each person, health supplies including medications, [baby care and safety supplies pdf icon](#)[PDF – 412

[KB\]external icon](#), electronics, and important documents, such as emergency telephone numbers. If possible, try to store a 2-week supply of water.

- Be sure your emergency kit includes supplies for reducing the spread of COVID-19, including disinfectant wipes and spray, bar or liquid soap, [hand sanitizer](#) with at least 60% alcohol, at least two [masks](#) per person aged 2 or older.
- If you have a baby, take these [actions to help them sleep safely](#). Your baby is safest sleeping on their back for all sleep times in their own sleep area (such as a portable crib or bassinet) that does not have pillows, blankets, or toys.
- If you [breastfeed your baby](#), continue to do so. Breastfeeding remains the best infant feeding option in a natural disaster situation. For [formula-fed infants](#), use ready-to-feed formula if possible.

https://www.cdc.gov/disasters/covid-19/information_for_specific_groups.html



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