



## Preparing Your Infant for an Emergency

Your infant has specific needs. This list will keep your infant safer and more comfortable until help can arrive.

- ✓ **Food:** Three-day supply of formula, baby food and snacks including bottles and air-tight containers
- ✓ **Breast Feeding:** It is important for mom to pack enough healthy food for herself to produce an adequate supply of milk. Protein-rich foods such as nuts, canned fish or chicken, and canned beans are easy to transport and keep fresh until needed. Also, fruit cups, caffeine-free sport drinks, and plenty of water can keep mom well hydrated. Choose products with easy-open pop or twist tops. Both electric and manual breast pumps, bottles, caps, and nipples for at least three days should be available.
- ✓ **Water:** Three-day supply of distilled water for mixing baby formula
- ✓ **Diapers:** Three-day supply of diapers and plastic bags for disposal
- ✓ **Clothing:** Enough changes of clothes for three days including sleep sacks and socks
- ✓ **Medicine:** This should include any current prescriptions, as well as over the counter medicines like fever reducer, gas reliever, anti-diarrheal, diaper rash cream, electrolyte solution such as Pedialyte, dosing syringe and thermometer.
- ✓ **Sanitation:** Baby wipes, mild baby wash, bulb syringe, bottled water, and hand sanitizer
- ✓ **Important documents:** Birth certificate, immunization records, medical records, copies of insurance and a current photograph of your baby with your name, address, phone number and known allergies in a waterproof container
- ✓ **Familiar items:** Familiar toys, books, blankets, and pacifiers, can help reduce stress for your baby
- ✓ **Sleep:** Portable Crib or Pack & Play
- ✓ **Infant Safe Sleep:**
  - All babies under the age of 12 months should be placed to sleep alone, on their backs, in a safety approved portable crib
  - No pillows, blankets, bumper pads, toys, or any other loose objects inside
  - For warmth, the baby should wear a sleep sack or one-piece pajama instead of a blanket or any other covering
  - Baby should never be allowed to sleep in any sitting device such as a car seat, carrier, or bouncer
  - Baby should sleep near, but not with parent or caregiver, preferably in the same room, but never in the same bed
  - Baby should be checked on regularly while sleeping for signs of overheating. Baby should wear no more than one layer more than an adult would wear to be comfortable
  - Baby should be kept away from cigarette smoke and places where people smoke
  - If your infant uses a pacifier, make sure to pack plenty of them in your emergency kit to be available for your infant