



# Be mindful of expectant and breastfeeding mothers.

### Previous findings

Maternity passbooks were lost in the tsunami during the GEJE.

### Recommendation

Carry your maternity passbook with you at all times, and keep the contact information of your hospital/clinic.

During the Great East Japan Earthquake, some expectant mothers lost their maternity passbooks in the tsunami. Expectant mothers are advised to carry their maternity passbooks at all times in preparation of a disaster. Also, be sure to keep the contact information of your hospital/clinic handy. Even if you lose your passbook, your record may be held at your hospital/clinic.

### To expectant mothers

When you arrive at a shelter, let the person in charge and people around you know that you are expecting a baby. Also, those providing support at shelters should always check if there are any expectant mothers present. Even if expectant mothers appear healthy, abdominal pain, bleeding, or other changes in health conditions can suddenly occur, which can threaten the lives of both the mother and the fetus. Please be sure to direct particular attention to expectant mothers.

### To mothers with small children

Mothers who breastfeed their children are recommended to continue with breastfeeding even when at a shelter. When preparing baby formula, you need to use safe water and to sterilize (disinfection by boiling) the bottle/bottle nipple. If, by any chance, these are not available, use a clean paper cup to prevent infections.

