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Don't Panic- Prepare:

Breastfeeding In Emergencies





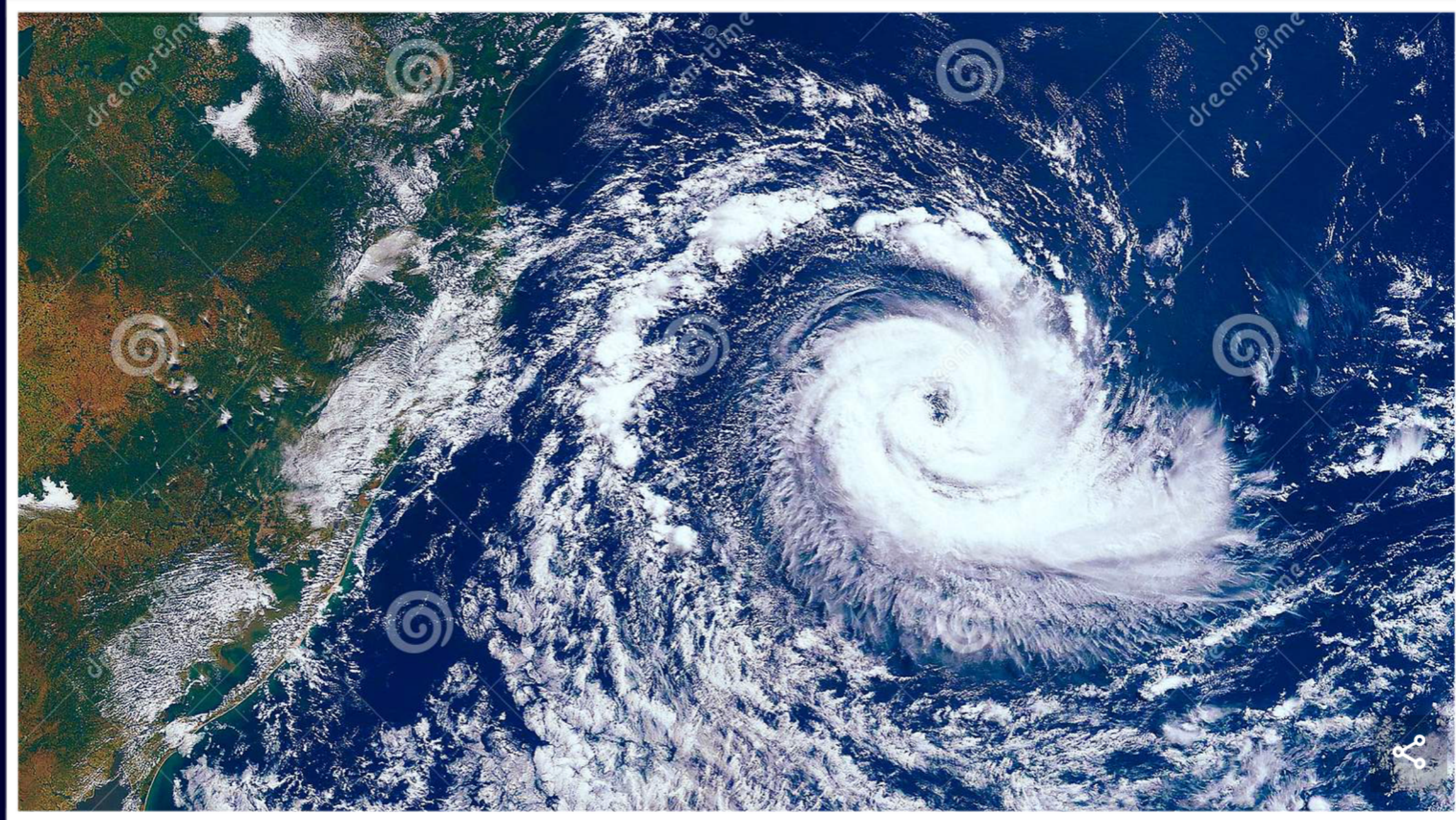
\* We have no actual or potential declarations to make in relation to this program

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# Speaker Disclosure



# Compound Failures of Disasters





# Compound Failures of Disasters





# Earthquakes



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## Compound Failures of Disasters

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**BEWARE OF  
SCAMMERS!**



**Scammers!**

**Swindlers!**





# Human Trafficking

## A Global Problem

Prostitution. Servitude. Forced Labor.

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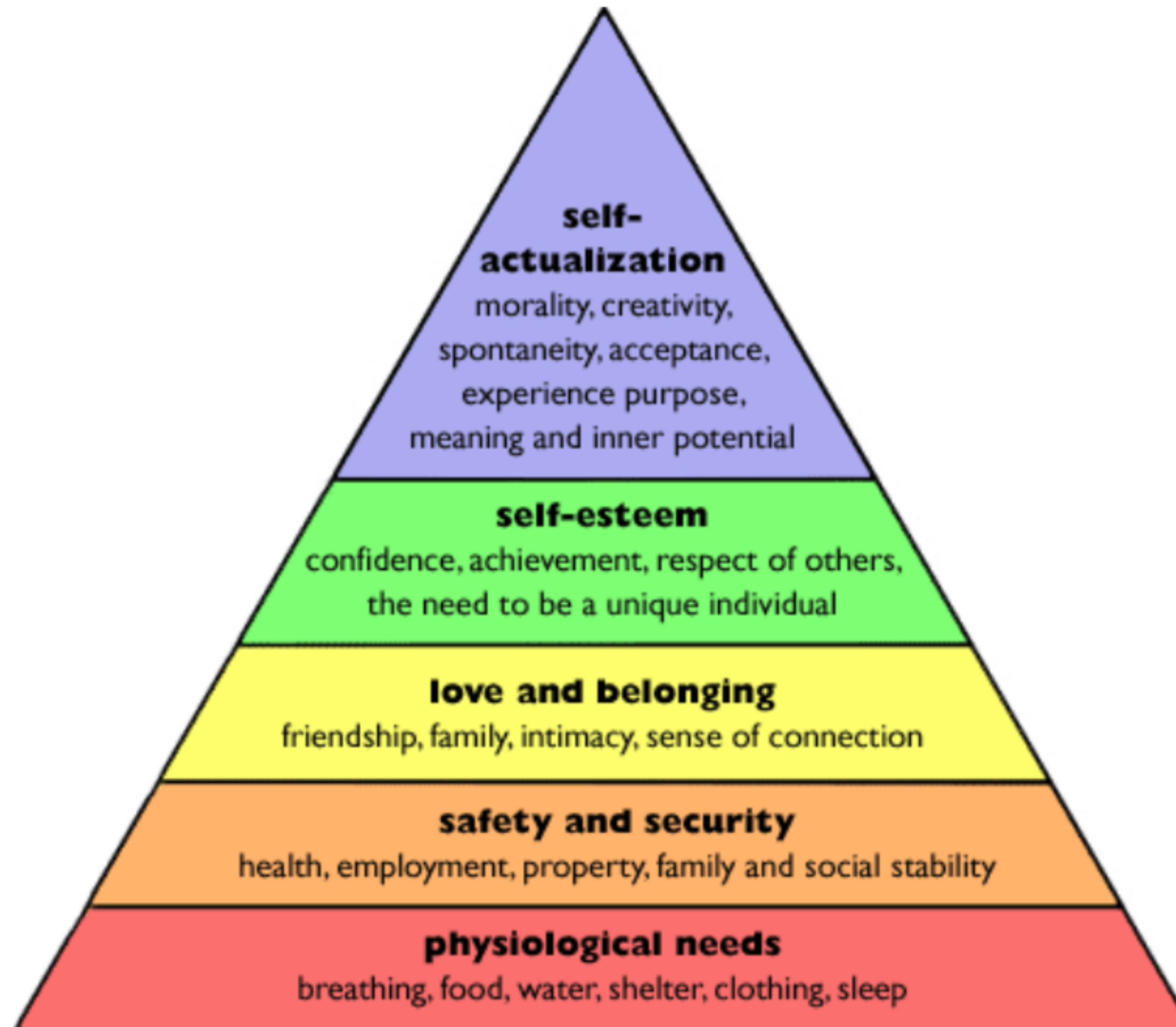








# Maslow's Hierarchy of Needs







# Emotional, Mental, and Physical Responses

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# Violence

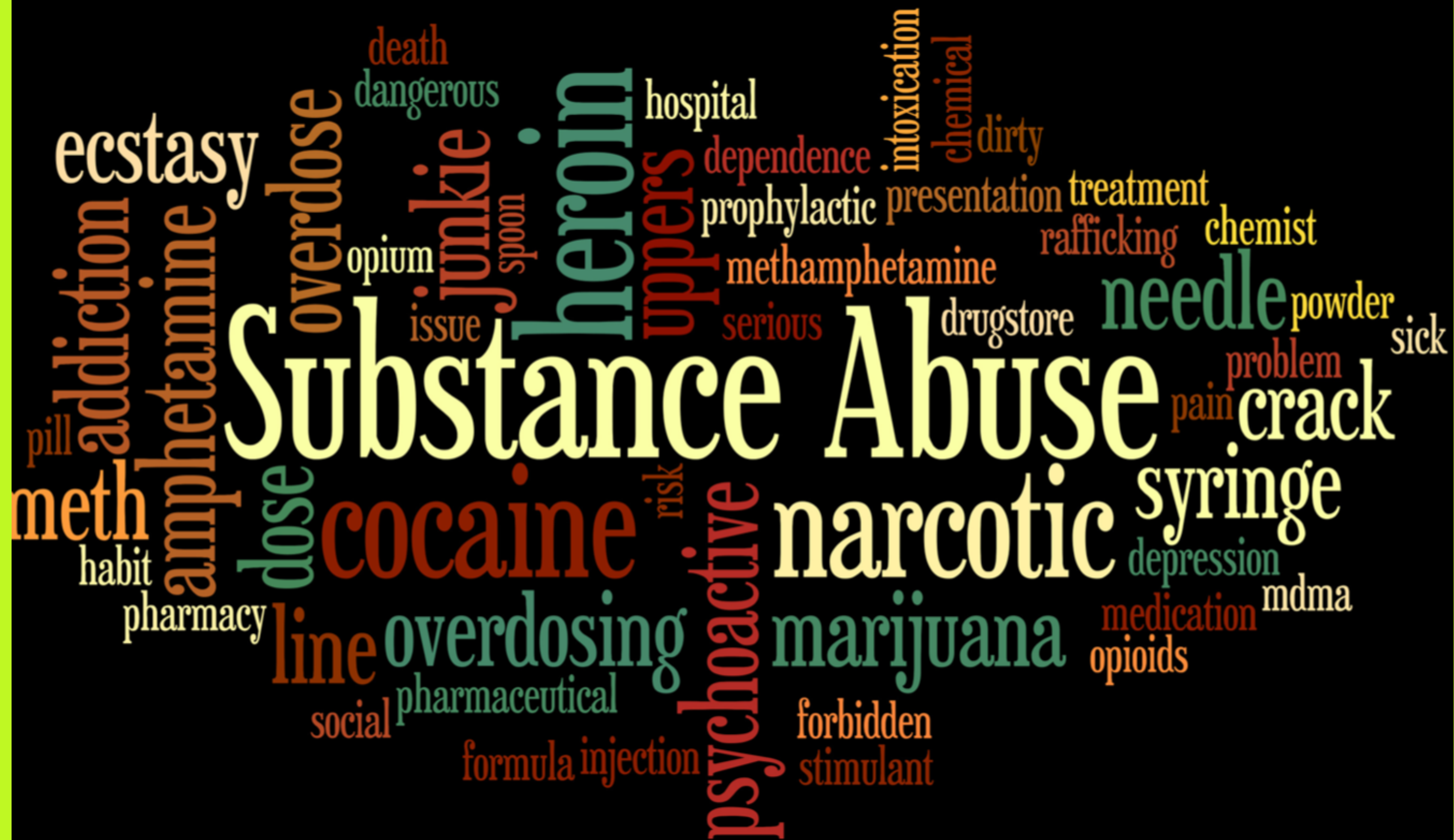




# Emotional, Mental, and Physical Responses









# People with Disabilities





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# Children's Responses





# Hospitals: Breastfeeding Under Disaster Conditions





# Breastfeeding Under Disaster Conditions







# SHELTER IN PLACE

DON'T PANIC – PREPARE: BREASTFEEDING IN  
EMERGENCIES

BRITAINY COLLINS, BFPC



# What is Shelter in Place?

- ❑ “Safe Zones” in your home will vary depending on the hazard (FEMA)
- ❑ Create a plan for the different types of hazards
- ❑ Different locations!
- ❑ Short vs. Long Term





# The Basics For Your Kit



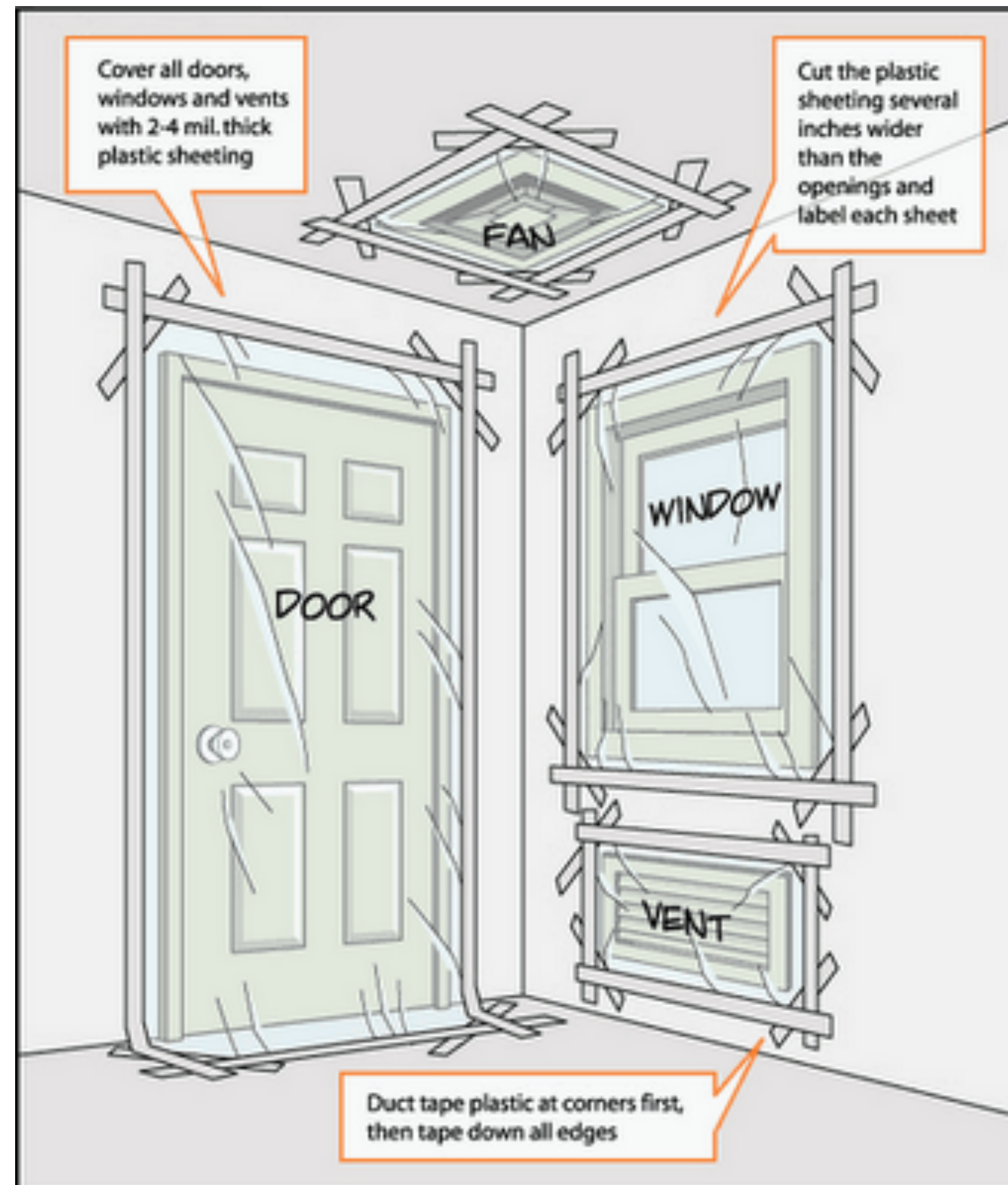


# Checklist of Supplies





# And.....





Don't forget  
the children!





# Breastfeeding Side





# Formula Side





# Special Note on Mixed Feeding





# Young Children





# How Do We Help Those Tucked In?



## **Before an Emergency:**

EDUCATE! – support groups, classes, office visits, etc



## **During an Emergency:**

Can you reach them? Phone, internet, in person



## **After an Emergency:**

Has the milk supply been harmed?

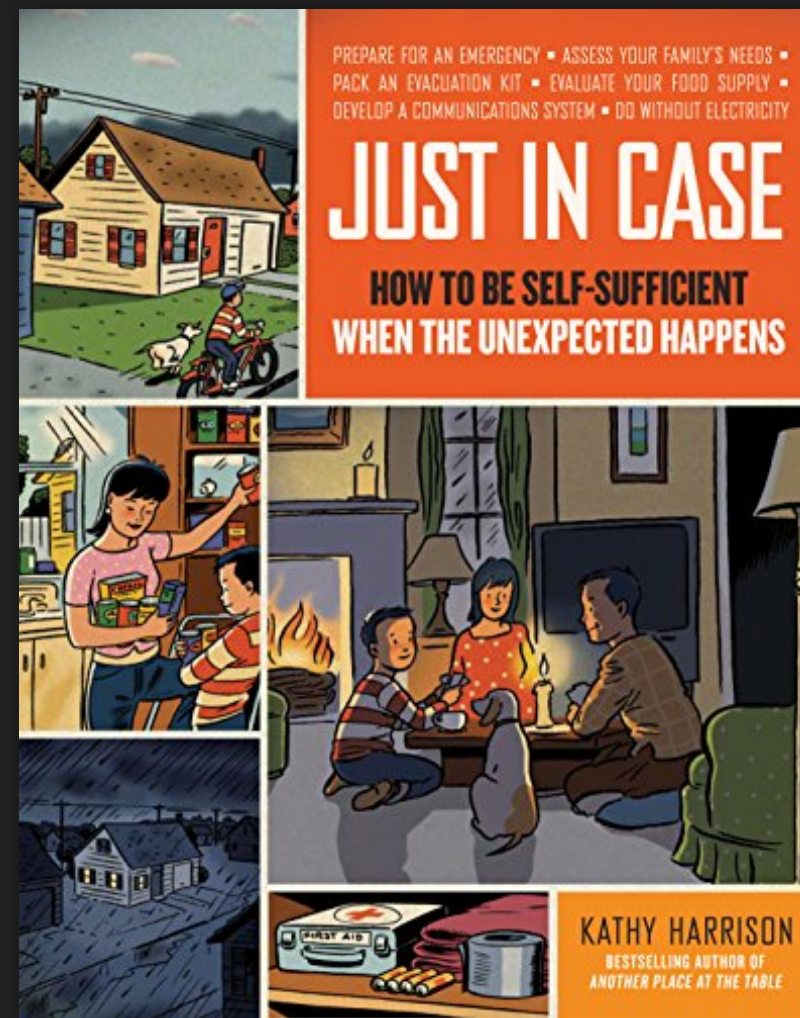
Breastfeeding grief  
Help with formula if needed.



# Resources To Explore



RDPO



FEMA



Safely Fed  
U.S.A.





# Don't Panic - Prepare

## Breastfeeding in Emergencies: In a Shelter

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BY: EMILY INGRAM, CLC, BREASTFEEDING USA PEER COUNSELOR

Alaska Breastfeeding Coalition “Shakin’ It Up in Alaska” 2020 Conference





# DISASTERS IN ALASKA THAT WOULD REQUIRE SHELTERS BEING PLACED:

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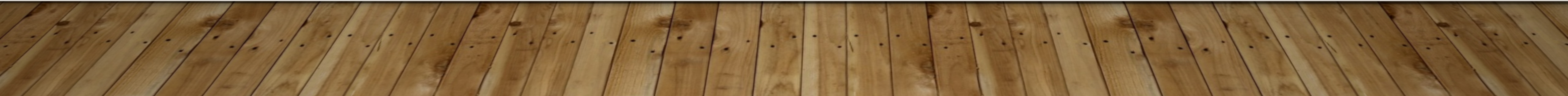




# WHO RUNS THE SHELTER?

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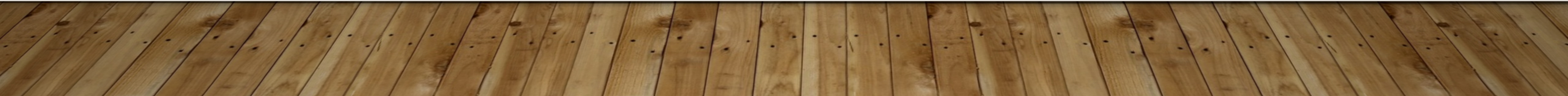
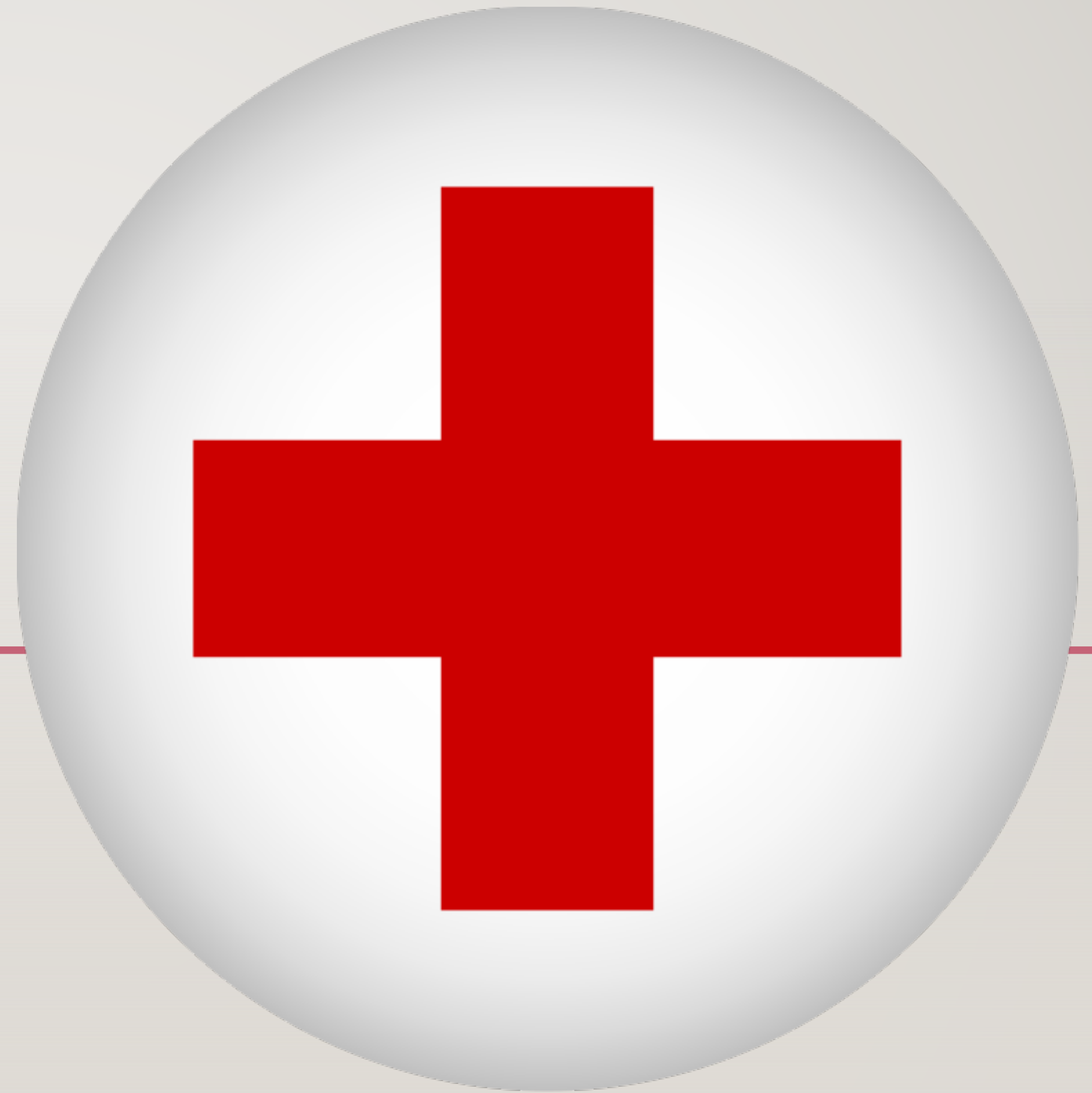
WHAT TRAINING HAVE THEY RECEIVED TO SUPPORT PREGNANT AND/OR  
BREAST/CHESTFEEDING PARENTS?





# THE AMERICAN RED CROSS

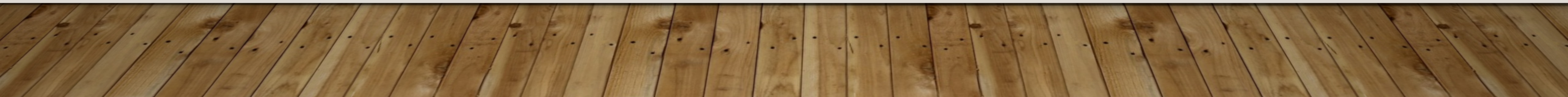
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HOW WE CAN HELP

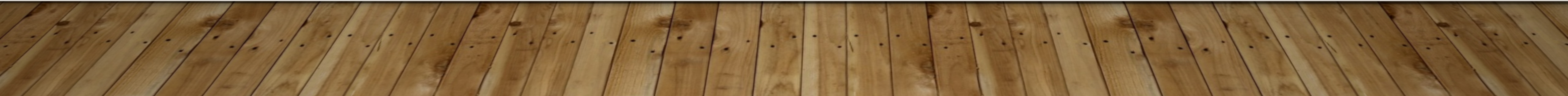




# PROTECT, PROMOTE, & SUPPORT

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PREPARING A TOOL KIT





# PROTECTING: OPTIONS FOR PRIVACY

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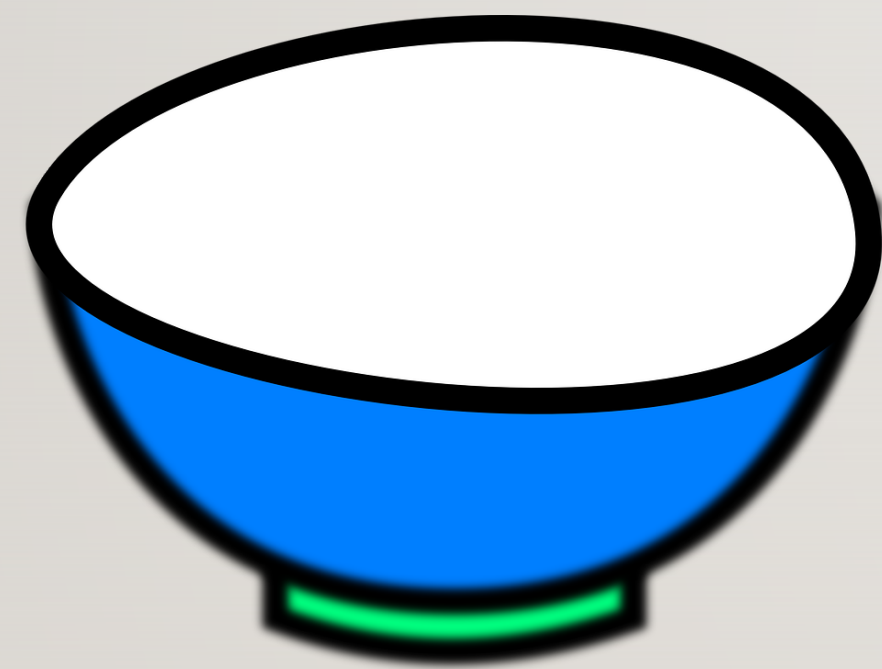
Screenflex privacy shelter



Kenai Shelter  
Natural gas explosion after earthquake



# PROTECTING





# PROMOTING







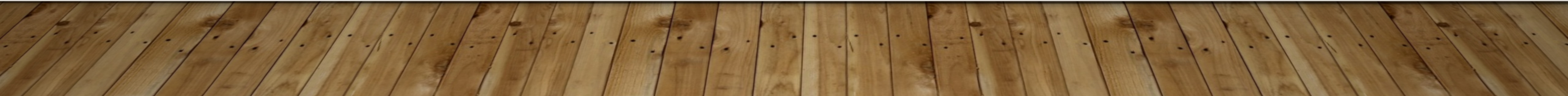
**SUPPORT**



# 31% of sexual assaults reported took place in an evacuation site or shelter.

Following 2005 Hurricane Katrina, via National Sexual Violence Resource Center

<https://www.iaem.org/portals/25/documents/CHHS-Memo-%20Housing-Sex%20Offender-in-Emergency-Shelters.pdf>





# Breastfeeding Under Disaster Conditions





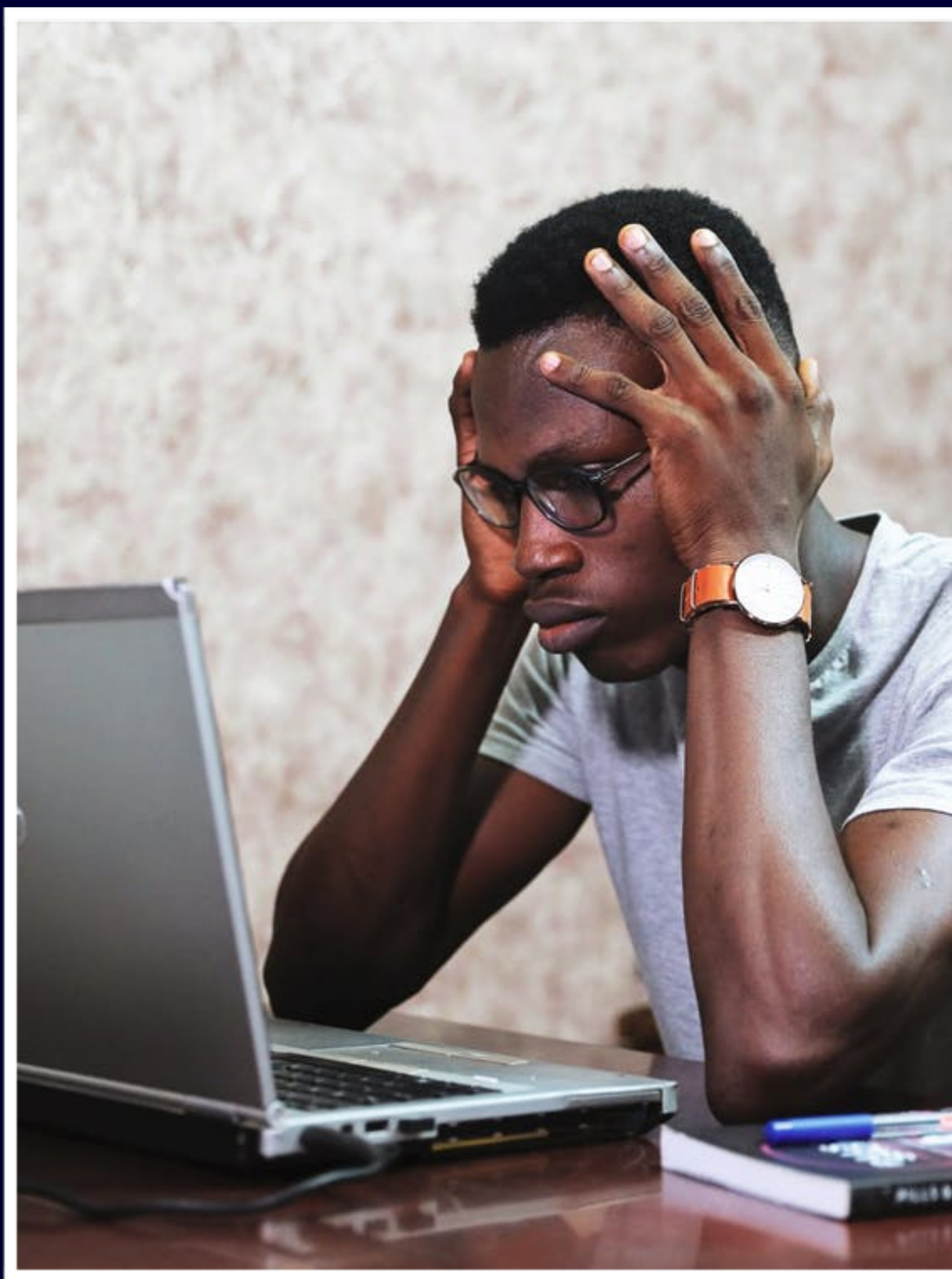


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# Preparation is key!

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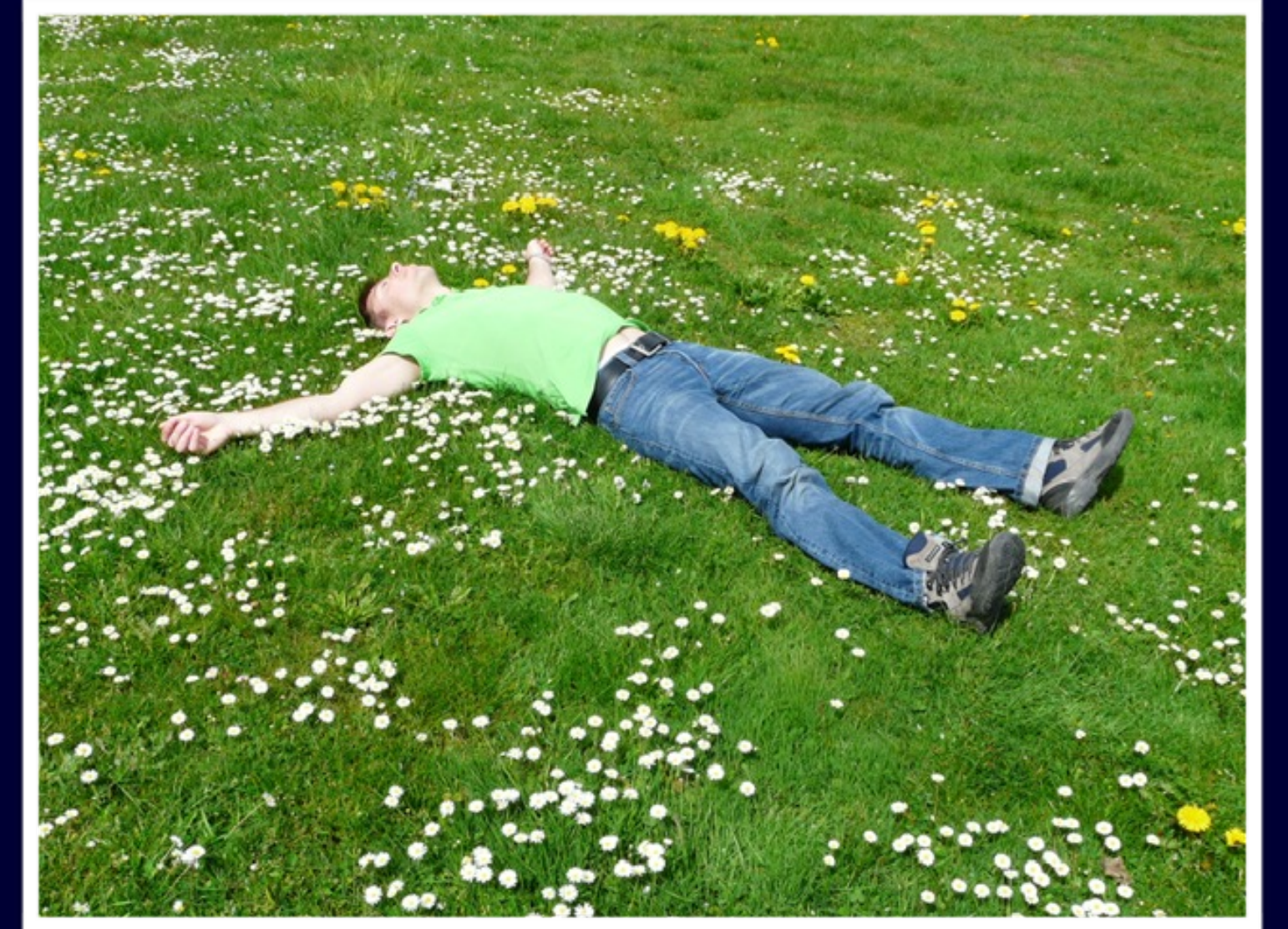
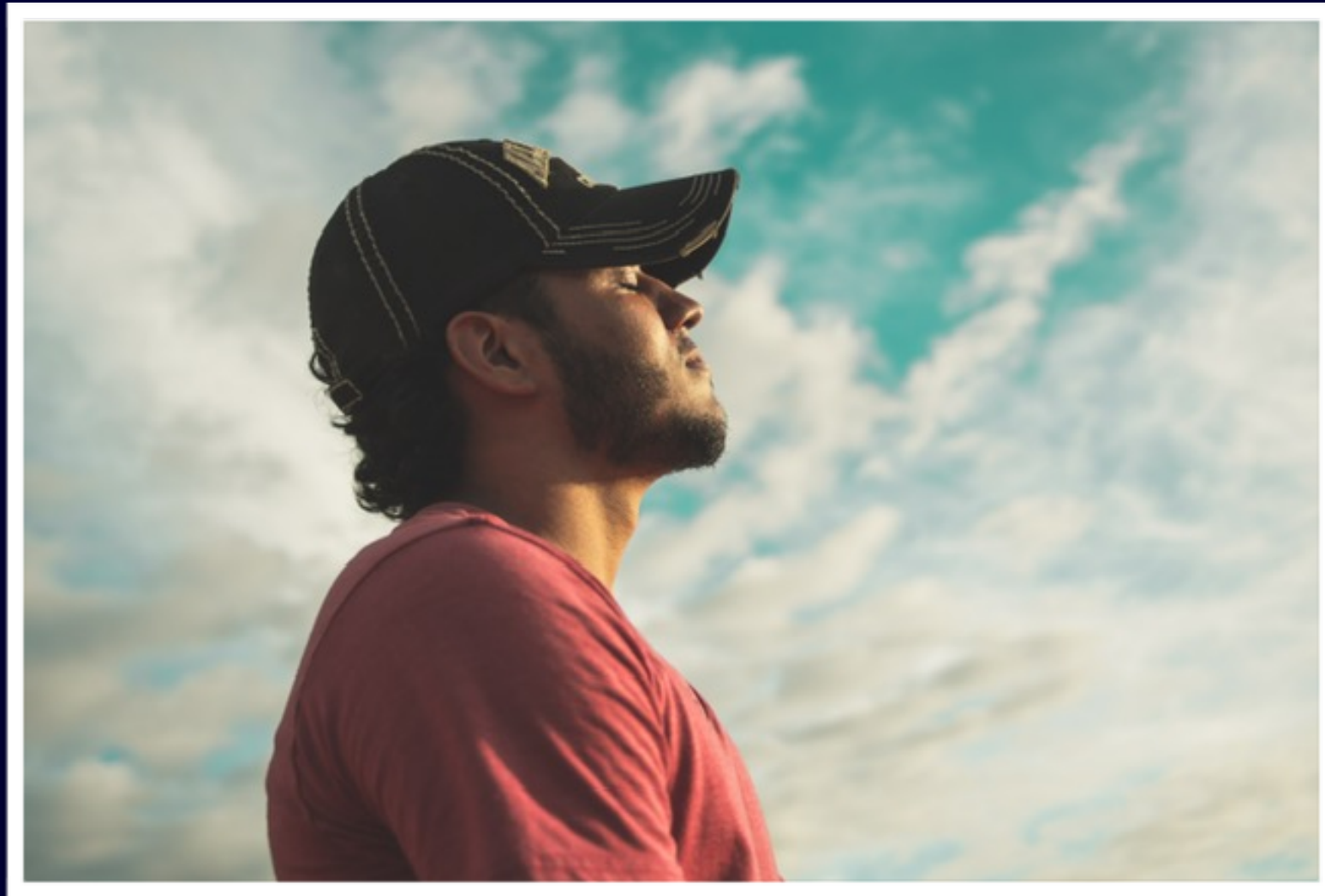
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# Communication Skills

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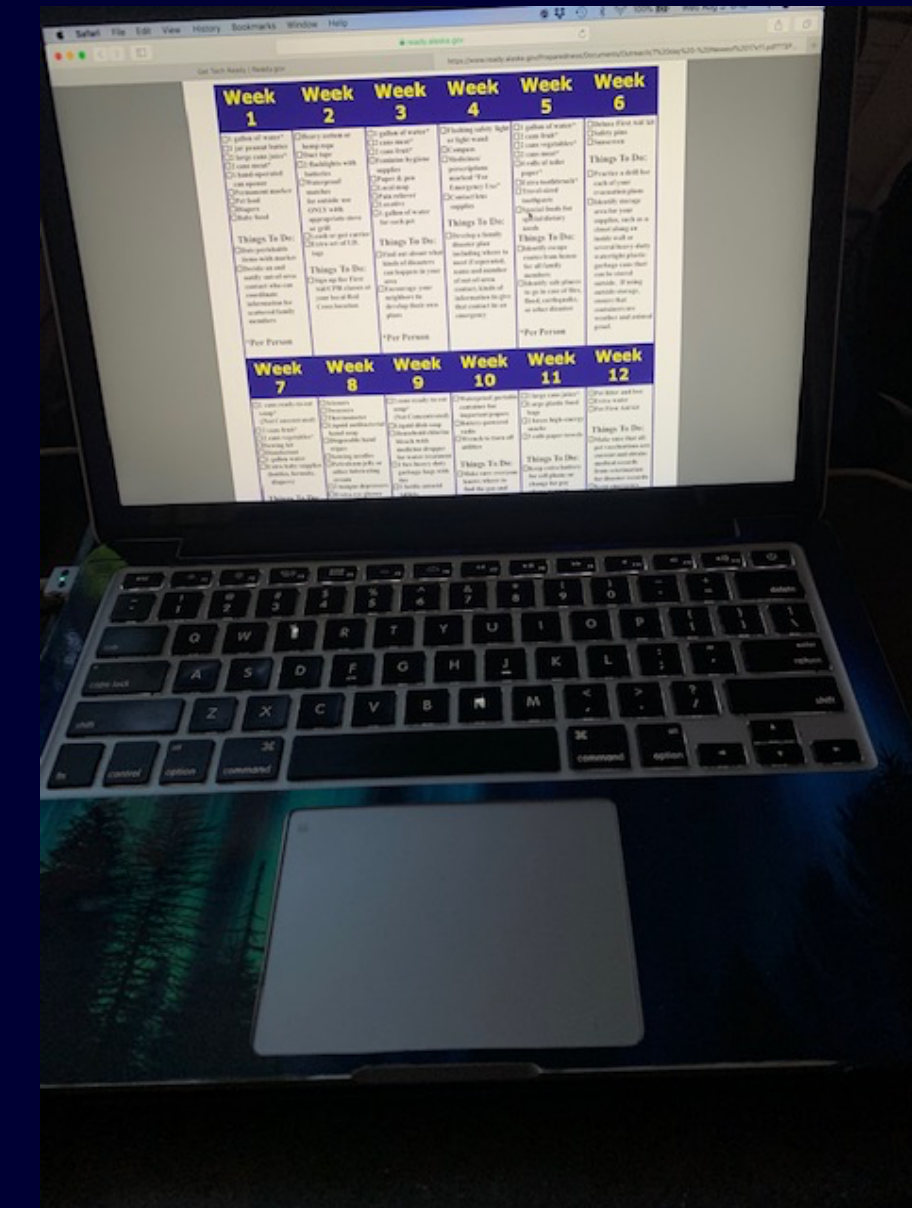
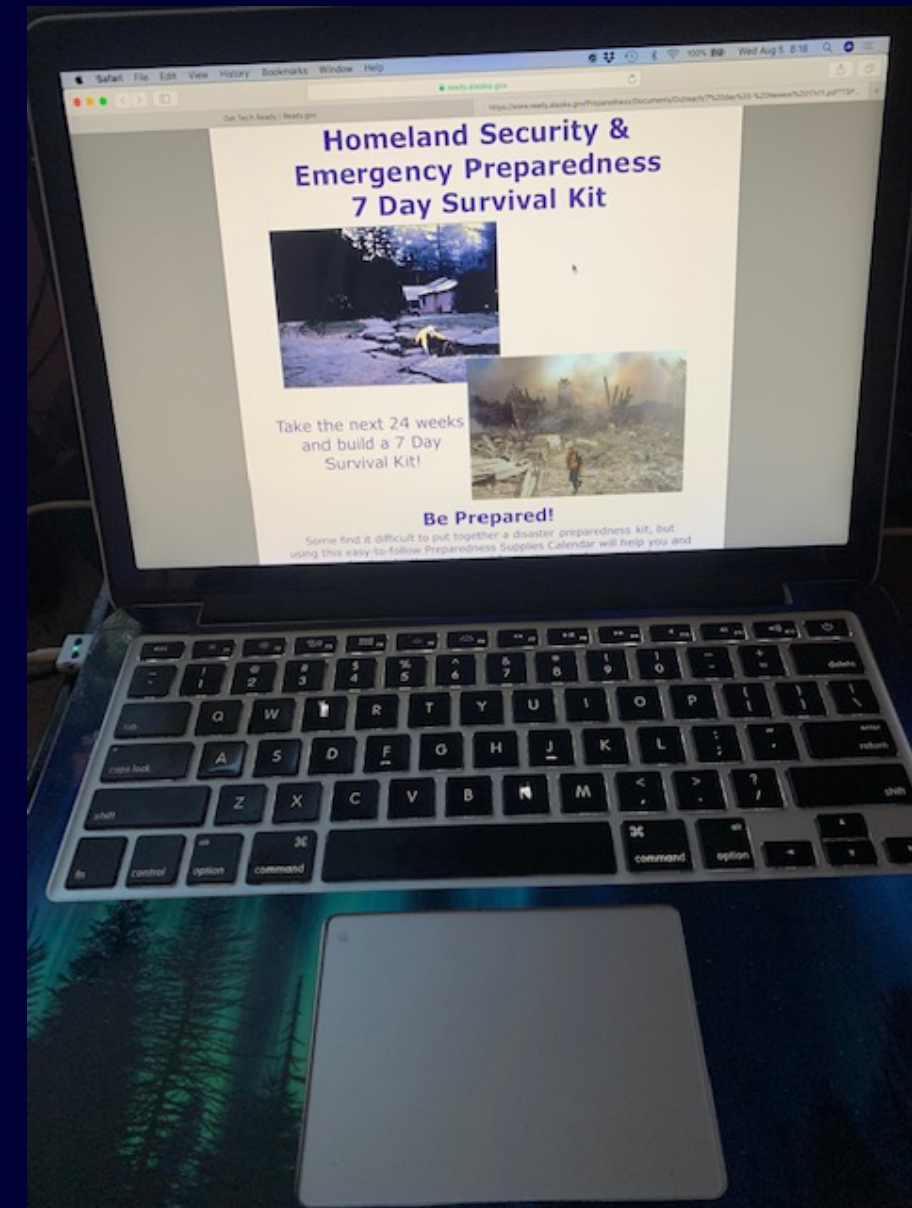
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# Resiliency Building

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# 24 Week Plan to assemble a 7-Day Survival Kit



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[www.ready.alaska.gov](http://www.ready.alaska.gov)

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# Thank you!

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**Questions?**



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