Q: How do I keep my milk frozen in a power outage?
A: Open your freezer as little as possible. If you know prior that you will lose power fill the empty spaces in your freezer with filled water bottles prior to losing power. Keep Breast milk in the middle of your freezer and away from the sides. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full. Use a cooler and pack it as full as possible. Use newspaper to fill empty spaces and cover with a blanket. Keep in mind if ice crystals are in the milk then it is still considered frozen. If your milk completely thawed it should be used within 24-48 hours and NOT refrozen.

Q: What if I don't have milk anymore?
A: Up to six months after birth a mother can make milk again by putting the baby to the breast, or pumping every two hours. At first she may only get a few drops of milk, but this will increase in time. The younger the baby, the sooner the mother will begin to make milk.

In an emergency, the cleanest safest food you can give your baby is Breast Milk.

Infant Feeding in Disasters and Emergencies

For Humboldt County

Provided to you by the Breastfeeding Task Force of Humboldt County

Printing costs donated by: St. Joseph Hospital Redwood Memorial Hospital

Adapted from Harris County Breastfeeding Coalition, Texas guide on Infant Feeding in Emergencies Rev. 12/17
Frequently Asked Questions about Breastfeeding:

Q: What about stress? With all of my stress, will my milk go away?
A: Not if you keep nursing and stay hydrated. Babies lives are saved every day by mothers who breastfeed them in spite of natural disasters.

Q: Does my baby need to drink water?
A: No, If you are getting enough water then your baby is getting enough water. Breast milk is made up of 87% water.

Q: How can I tell my baby is getting enough to eat?
A: If your baby has 6 wet diapers a day and regular bowel movements, that is a sign they are getting enough milk.

continued on the back...

The cleanest safest food for an infant in a disaster or emergency is:

Breast Milk

Breastfeeding Saves Lives:

- Breast milk has all the nutrition a baby needs
- Breast milk is always available
- It protects a baby from diarrhea and respiratory infections
- Breast milk is always the right temperature and helps prevent hypothermia
- Hormone release during breastfeeding helps relieve maternal stress and anxiety

If formula must be given, it is recommended that is its ready-to-feed formula.

Use powered or concentrated formula only if bottled water is available

Assistance is available if you have questions or need help

Breastfeeding Task Force of Humboldt County
707-441-5573

WIC Lactation Support
Public Health WIC:
Eureka: 707-445-6255
Crescent City: 707-464-7293

UIHS WIC:
707-822-9900

Northcounty Prenatal Services and Humboldt Open Door
IBCLC on staff:
707-822-1385

St. Joseph Hospital
Breastfeeding Care Line:
M-W-F inpatient visits - IBCLC
707-445-8121 Ext. 7536

Redwood Memorial Hospital,
Lactation Consultant on staff:
707-725-7325

From the American Academy of Pediatrics guide on Infant Feeding in Disasters and Emergencies