CDC Resources

Feeding
- Traveling Recommendations for Nursing Families
- Another Woman’s Expressed Breast Milk
- Infant and Toddler Nutrition
- Supporting Families with Relactation

Cleaning
- Proper Storage and Preparation of Breast Milk
- Frequently Asked Questions on Cleaning Infant Feeding Items
- How to Keep your Breast Pump Kit Clean
- Planning Checklist for Diapering Stations in Shelters

Emergency preparedness and response
- Traumatic Incident Stress
- Safety Messages for Pregnant, Postpartum, and Breastfeeding Women During Disasters
- Emergency Preparedness and Response
- Access and Functional Needs Toolkit: Integrating a Community Partner Network to Inform Risk Communication Strategies
- Disaster Safety for Expecting and New Parents
- Reproductive Health in Emergency Preparedness and Response
- Keep Food Safe After a Disaster or Emergency
- Caring for Children in a Disaster
- Emergency Kit Checklist for Families with Children and Youth with Special Healthcare Needs (CYSHCN)
- Public Health Emergency Preparedness and Response Capabilities: National Standards for State, Local, Tribal, and Territorial Public Health

Other Emergency and Preparedness and Related Resources
- American Academy of Pediatrics: Infant Feeding in Disasters and Emergencies

Accessible link: https://www.cdc.gov/nutrition/emergencies-infant-feeding/additional-resources.html
• Administration for Children & Families: [Infant Feeding During Disasters](https://www.acf.hhs.gov/)
• HHS & USDA: [2020 – 2025 Dietary Guidelines for Americans](https://www.dhhs.gov)
• The Emergency Nutrition Network (ENN): [Operational Guidance on Infant Feeding in Emergencies](https://www.enn.org)
• International Lactation Consultant Association (ILCA): [Facts about Breastfeeding in an Emergency: Especially for Health Workers](https://www.ilca.org)
• International Lactation Consultant Association (ILCA): [Facts about Breastfeeding in an Emergency: Especially for Relief Workers](https://www.ilca.org)
• The Emergency Nutrition Network (ENN): [Media Guides on Infant and Young Child Feeding in Emergencies](https://www.enn.org)
• Carolina Global Breastfeeding Institute (CGBI): [Lactation and Infant Feeding in Emergencies](https://www.cgba.org)
• Save the Children: [IYCF-E Toolkit](https://www.savethechildren.org)
• USDA: [Guide to Coordinating WIC Services During Disaster](https://www.fns.usda.gov)
• U.S. Department of Health & Human Services: [Hospital Preparedness Program (HPP)](https://www.hhs.gov)
• Red Cross and FEMA: [Shelter Field Guide](https://www.redcross.org)
• American Red Cross: [Sheltering Handbook, Disaster Services](https://www.redcross.org)

**Mental Health Resources**

**SAMHSA:**

• [Depression in Mothers: More than the Blues](https://www.samhsa.gov)
• [Tips for Talking to Children after Traumatic Events](https://www.samhsa.gov)
• [Behavioral Health Disaster Response Mobile App](https://www.samhsa.gov) – assist those responding to disasters to ensure that resources are readily available
• [Behavioral Health Treatment Services Locator](https://www.samhsa.gov)
• [Disaster Distress Helpline Brochure](https://www.samhsa.gov)
• [Disaster Distress Helpline Card](https://www.samhsa.gov)