

FOR IMMEDIATE RELEASE

*Attention: All News Editors*

## 'Do it for your baby'

- *Pregnant women urged to prepare as storm nears*

**KINGSTON, Jamaica. Friday, October 24, 2025:** The Ministry of Health & Wellness is advising all expectant mothers to take extra precautions as Tropical Storm Melissa moves slowly across the Caribbean Sea.

A Tropical Storm Warning and Hurricane Watch are now in effect for the island. The system is expected to bring strong winds, heavy rainfall, and possible flooding over the next 36 to 48 hours and may strengthen into a hurricane in the coming days.

Pregnant women — particularly those in their final weeks of pregnancy or with high-risk conditions such as high blood pressure, sickle cell disease, or diabetes — are strongly encouraged to act early and prepare now.

### **SAFETY RECOMMENDATIONS**

- If unsure of what to do, seek advice from your hospital, health centre, or midwife about your situation.
- Keep essentials ready, ensuring that your maternity record, ID, and hospital bag are packed and accessible.
- Charge your phone and keep important contact numbers handy.

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Pregnant women who live in a low-lying or coastal areas should also make arrangements to move to a safe shelter early. Pregnant women will be prioritised for care at shelters.

During the storm, pregnant women are advised to:

- Stay indoors and away from windows.
- Keep clean water, non-perishable food, and essential medications available.
- Avoid flooded areas and do not walk or drive through floodwaters.

All maternity wards and hospitals across the island remain operational and ready to assist pregnant women. Pregnant mothers are encouraged to stay tuned to official updates from the Ministry of Health & Wellness and the Office of Disaster Preparedness and Emergency Management (ODPEM). They are also reminded to review the guidance in the back of their Maternal Record Book for additional information on emergency preparedness.

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