

YOUR WORKBOOK / PLAN

Pregnancy smoke-preparation plan

October 27, 2026 | Educational planning aid; independent clinical review pending.

Contacts and backup

Care team / after-hours number: _____

Backup care or cleaner-air location: _____

Helper / transportation plan: _____

Check together

- ☐ Save local air-quality reports and evacuation alerts.
- ☐ Plan continued prenatal care and prescribed supplies with the care team.
- ☐ Check filtering and cooling options, including a power-loss backup.
- ☐ Arrange access to records, transport and help for dependents.
- ☐ Follow emergency instructions; do not remain in an overheated or unsafe home.

One useful next step

Our next action and who will help: _____

This is not a medical assessment or a prediction about a child's development. Smoke research does not establish an individual cause or a way to prevent autism. Ask your healthcare professional about symptoms; call 911 for immediate danger. Keep personal notes private.

Sources: CDC Wildfire Smoke and Pregnancy; SMFM Wildfires and Air Quality. Source links and full guidance:

<https://neurocoach.cc/news/wildfire-smoke-pregnancy-autism-2026/>