

# The Flu and your Pregnancy



## 1 Flu illness is serious

Take illness seriously when you are pregnant. The Novel H1N1 Flu is causing severe complications for pregnant women.

At first sign of illness or contact with someone who has the Flu, contact your doctor immediately. Effective treatment is available.

And please, wash your hands, wash your hands, wash your hands. It remains one of the best ways to prevent the spread of any disease.

## 2 Vaccine works!

Pregnant women are a high priority group for receiving the Novel H1N1 Flu vaccine.

The CDC is strongly recommending that pregnant women receive BOTH the Novel H1N1 Flu and Seasonal Flu vaccine as a way to protect yourself from experiencing serious Flu complications.

It is safe to receive both vaccines but please do not wait for the Novel H1N1 vaccine to become available to get your Seasonal Flu shot.

## 3 Breastfeeding is safe

You can safely continue to breastfeed your baby if you become ill with the Flu.

And, it is safe to take over the counter medicine for Flu while you continue breastfeeding your baby.

If you are ill, wearing a face mask to catch your cough\sneeze while you care for your baby helps protect your baby from catching the Flu.

A vaccinated mom extends protection to her unborn child. And, a vaccinated mom provides additional protection to all children in the home.

The H1N1 Flu virus puts pregnant women at risk for severe complications

For more information or vaccine locations, please call the Flu Hotline at 1-602-372-3996