



It is important to breastfeed your baby.

- Breastfeeding protects your baby. Babies who are breastfed are less likely to get sick from infections like the flu.
- If you are ill with the flu, pump your breast milk and, if possible, have someone who is not ill feed your baby.
- If you don't have someone to help you when you are sick, wear a mask over your nose and mouth when feeding or holding your baby and wash your hands often.
- You may continue to breastfeed if you are taking prescribed medicines to treat the flu.

Warning Signs Needing Urgent Medical Attention in Pregnancy

- Difficulty breathing
- Pain or pressure in the chest or abdomen
- Sudden dizziness, confusion or high blood pressure
- Severe or persistent vomiting
- Bleeding from the vagina
- Decreased or no movement of your baby
- A high or persistent fever that is not responding to acetaminophen (Tylenol®)

For more information, talk with your
doctor or local health department.
You can also visit

[www.cdph.ca.gov/programs/mcah/
Pages/H1N1.aspx](http://www.cdph.ca.gov/programs/mcah/Pages/H1N1.aspx), www.cdc.gov,
www.PregnancyShotsCA.org

or call

1-800-CDC-INFO/ (800) 232-4636



Maternal, Child and Adolescent Health Division
Center for Family Health
California Department of Public Health

What Pregnant Women and New Mothers Should Know About H1N1 Flu



2009 H1N1 Flu (or Swine Flu)
is a new influenza virus
causing illness in people and
spreading from person to
person worldwide.

H1N1 flu may cause serious health problems in pregnant women.



Vaccination is the best way to protect you and your baby from the flu.

- The seasonal flu vaccine has been safely used in millions of pregnant women. The H1N1 flu vaccine is made in the same way. It is considered safe during pregnancy.
- Pregnant women should receive both the H1N1 flu shot and the seasonal flu shot. Each shot provides different protection and can be given any time during pregnancy.
- The nasal spray flu vaccine is not given to pregnant women.
- Get vaccinated with the seasonal flu shot and the H1N1 flu shot as soon as possible.
- The flu vaccines are safe while breastfeeding.



Prevent the spread of germs to protect your health.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you do not have a tissue, cough or sneeze into your upper arm, not your hands.
- Wash hands often with soap and warm water. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people. If you have close contact, call your doctor.



If you are sick with the flu, stay home and call your doctor right away.

- Signs of the flu may include fever, sore throat, cough, runny or stuffy nose, body aches, headache, chills, fatigue, diarrhea, and vomiting.
- Limit contact with others.
- Your doctor will decide if you need a prescription. It is very important to start medicine to treat the flu right away.
- Drink plenty of fluids and treat fever with acetaminophen (Tylenol®). Fever may be harmful to your unborn baby.