

PREGNANT WOMEN SAY NO 2 FLU



Protect yourself and your baby against 2 types of flu
Seasonal Flu and Pandemic Flu H1N1

Pregnant Women



The flu can be dangerous for pregnant women and their babies. Health problems may develop and hospitalization may be needed. Extra care is important to prevent the flu.

Vaccines are available to protect pregnant women against Seasonal Flu and Pandemic Flu H1N1.

Signs and symptoms of Pandemic Flu H1N1 and Seasonal Flu are similar and include:

- Fever
- Cough
- Headache
- Fatigue
- Sore throat
- Body aches
- Nausea
- Vomiting
- Diarrhea

If you are pregnant and have flu symptoms, call your health care provider.

Babies

Babies under 6 months of age are too young to get flu vaccinations and must be protected by the people around them. Parents, family members, and caregivers should get flu vaccinations to prevent infection and spread of flu.



Babies over 6 months of age should get flu vaccinations to protect against flu.

- ## Prevent the Flu
- Cover coughs and sneezes with a tissue or the inside corner of the elbow. Throw tissue away after each use.
 - Wash hands often with soap and water. Alcohol-based hand cleaners are also effective.
 - Stay home when sick and keep sick children home from school.
 - Avoid close contact with others who are sick.
 - Get vaccinated against 2 types of flu, Seasonal Flu and Pandemic Flu H1N1.

Breastfeeding



Breastfeeding can also protect babies. It can help prevent and reduce illness. It is safe for moms to continue breastfeeding if they have flu or are receiving flu treatment.



2 VACCINES FOR
2 TYPES OF FLU

For more information, call
1-888-993-3003 or visit
www.fcdph.org/flu1n1

CALL YOUR
HEALTH CARE PROVIDER
for Seasonal Flu and
Pandemic Flu H1N1
vaccine information



Department of Public Health
www.fcdph.org