

# THE FLU & YOU



## PREGNANCY

Pregnant women who get H1N1 flu can have serious health problems. Some have had early labor and severe pneumonia. Some have died. Call your doctor right away if you get the flu.



Prevent the flu and its spread:

- Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve.
- Wash your hands often with soap and warm water. Alcohol-based hand cleaners also help kill germs.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people.



### Get your flu shots!

- Pregnant women should get BOTH the H1N1 and the Seasonal Flu shots as they are available.
- Ask your doctor for these shots.
- These shots are safe for you, and will help protect you and your baby.



Call your doctor right away if:

- You live with or take care of someone who has the flu, or
- You have some or all of these symptoms of the flu: fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue, diarrhea, or vomiting



If you have a fever, take acetaminophen (such as Tylenol® ) right away.

Call your doctor right away to ask if you need flu medicine.

### FOR MORE INFORMATION:

#### Local

- [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)
- Call 2-1-1

#### State

- <http://www.cdph.ca.gov>

#### Federal

- <http://www.cdc.gov/h1n1flu/>
- Call 1-800-CDC-INFO

