

If you have a newborn in your house...



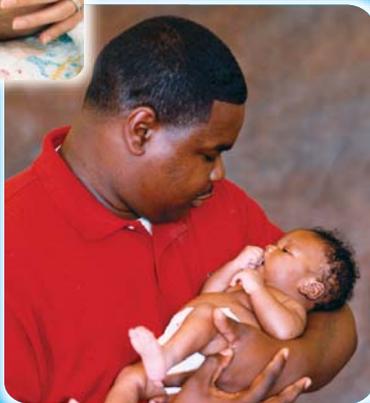
You need flu vaccine.

Babies under 6 months old cannot get immunized against the flu. They need **you** to be protected.

You and your family may be able to get nasal-spray vaccine (FluMist®*) instead of a flu shot. Check with your local pharmacy, health department, or doctor about this option. Also ask your child care provider if he or she has had flu vaccine this year.

Flu vaccine is the best way to protect your family from the flu and that will protect your baby.

**FluMist® can only be given to healthy people 5-49 years of age, who are not pregnant. For more information on the flu and FluMist® go to www.dhs.ca.gov*



California
Department of
Health Services