



Pregnant women face higher risk for the flu

It's flu season!

Pregnant women who get the flu are more likely to develop serious complications, so it is important to get vaccinated.

Get the vaccine

While basic prevention measures are important, vaccination is the single best way to protect against the flu. The flu vaccine is recommended for pregnant women.

Follow flu prevention measures

- Wash your hands often with soap and warm water for at least 20 seconds. An alcohol-based hand sanitizer is also effective in killing viruses.
- Cough and sneeze in your arm or sleeve, not your hand.
- Keep common surfaces and items clean and disinfected.
- Have a thermometer at home to check your temperature – a fever is 38° C (100.4 F°) or higher.
- Stay home if you have mild flu symptoms.

Know the flu symptoms

Mild flu symptoms: Fever, cough, sore throat, sore joints, sore muscles and fatigue.

Severe flu symptoms: Shortness of breath, difficulty breathing, chest pain, bloody sputum (phlegm) and severe or persistent vomiting.

Remember

Being vaccinated while pregnant also protects your baby for up to 6 months after birth.



Speak to your health care provider about being vaccinated and to learn more.