

# flu shot reminder

As part of your prenatal care,  
your doctor recommends getting a flu shot  
anytime during your pregnancy.

Getting a flu shot  
is a safe way to prevent  
possible flu-related  
complications.

Millions of pregnant  
women have safely  
received flu shots  
for many years.

Pregnant women should  
not get the nasal spray  
vaccine.

A flu shot during  
pregnancy protects both  
mom and baby (up to 6  
months of age) from flu.

Doctor's signature or office stamp



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

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To learn more, visit [www.cdc.gov/flu](http://www.cdc.gov/flu)

**THE FLU ENDS WITH**   
**Get the flu vaccine, not the flu.**