



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

To learn more, visit www.cdc.gov/flu