Pregnant women should not get the nasal spray vaccine.

Getting a flu shot is a safe and effective way to prevent getting sick with flu during your pregnancy.

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

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

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

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

Doctor’s signature or office stamp