

# 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 and effective way to prevent getting sick with flu during your pregnancy.

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 for several months after birth from flu.

Doctor's signature or office stamp



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

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