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.

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