

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



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

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