

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

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