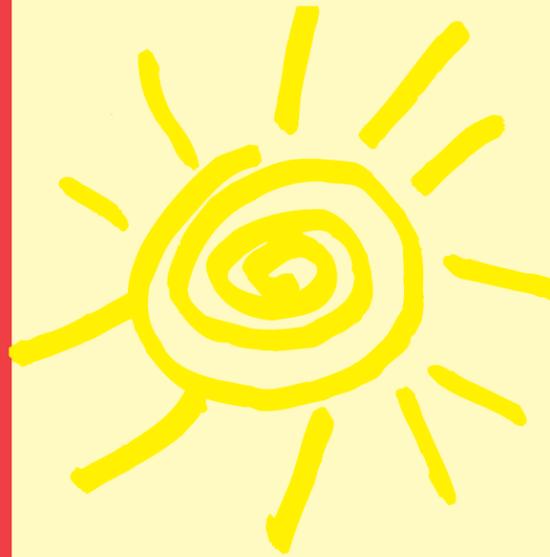


"My Baby"

Questions and Answers
about
Pregnancy
and the
Flu

"I got my
flu
shot!
Did you?"

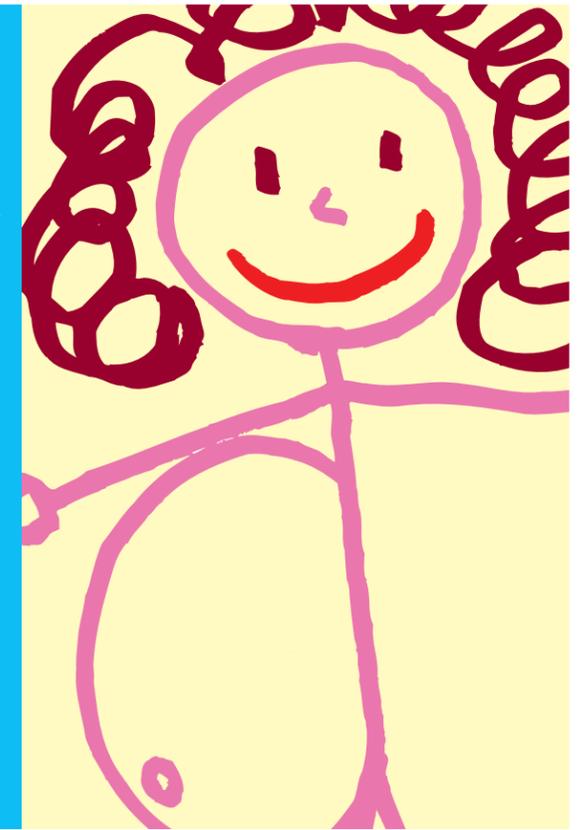


"Why do I need to get the
flu shot?"

When you're a mom-to-be, your body changes, so you can get sicker from the flu. Also, the flu shot doesn't work for young babies. For the first six months of life, your baby relies on the immunity you gave her — or him — when you were pregnant. Getting the flu shot while you're pregnant can help protect your baby during those first few months.

"Is it really safe to get the shot
while I'm pregnant?"

Pregnant women should get the flu shot, an injection usually given in the arm, not the nasal spray flu vaccine. Flu shots have been given to millions of pregnant women over many years and have not been shown to cause harm to pregnant women or their babies.



"Is there anything else I can do
to protect my baby and myself
from the flu?"

Yes; wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. That's how germs spread.

And try to stay away from people who are sick.

"OK, what if I do all that and I
still get sick?"

Call your doctor if you feel sick. You may have the flu if you have some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, or, sometimes, diarrhea and vomiting.



And if you get a fever while you're pregnant, treat it right away with acetaminophen (Tylenol®).

"But, being pregnant,
I can't take anything other
than Tylenol® to help me feel
better, right?"

While there are many medicines you can't take when you're expecting, you can — and should — take an antiviral medicine for the flu. This medicine can make your symptoms milder, help you feel better faster, and can prevent serious health problems that can result from the flu. You will need a prescription from your doctor for this medicine.

"It'll still be flu season when my
baby is born. What can I do to
protect her — or him — from
getting sick?"

♥ Get the flu shot now, while you're pregnant. It can help protect your baby after he or she is born.

♥ Make sure that others who live with or care for your baby get the flu shot or nasal spray flu vaccine. This will help prevent them from getting sick and infecting your baby.

If you're a mom-to-be,
talk to your doctor, and go to
our website, flu.gov. to learn more about
helping to protect yourself and your baby
from the flu.

