

Pregnant Women & Influenza (Flu)

Protect Your Family, and Your Health with a Flu Vaccination. This year's flu vaccine protects against H1N1 and two other influenza viruses. A separate vaccination against H1N1 will not be needed. People who got the 2009 H1N1 pandemic influenza vaccine, or had pandemic flu in 2009, should still get the 2010-2011 seasonal influenza vaccine.

Flu is more likely to cause severe illness in pregnant women than in women who are not pregnant. Changes in the immune system, heart, and lungs during pregnancy make pregnant women more prone to severe illness from flu as well as hospitalizations and even death. Pregnant woman with flu also have a greater chance for serious problems for their unborn baby, including premature labor and delivery.

Flu shots will protect pregnant women, their unborn babies and even protect the baby after birth.

The Flu Shot is the Best Protection Against Flu

Getting a flu shot is the first and most important step in protecting against flu. The flu shot given during pregnancy has been shown to protect both the mother and her baby (up to 6 months old) from flu. (The nasal spray vaccine should not be given to women who are pregnant.)

The Flu Shot is Safe for Pregnant Women

Flu shots are a safe way to protect the mother and her unborn child from serious illness and complications of flu. The flu shot has been given to millions of pregnant women over many years. Flu shots have not been shown to cause harm to pregnant women or their babies. It is very important for pregnant women to get the flu shot.

Other Preventive Actions

In addition to getting the flu shot, pregnant women should take additional everyday preventive actions. (Cover you cough, wash your hands frequently, avoid touching your eyes, nose or mouth, avoid close contact with sick people.)

Early Treatment is Important for Pregnant Women

If you get sick with flu-like symptoms call your doctor right away. If needed, the doctor will prescribe an antiviral medicine that treats the flu. Pregnant women who get a fever should treat their fever with Tylenol® (or store brand equivalent).

You should contact us if you have one of the following symptoms:

- Temperature equal to or greater than 100 degrees, and a sore throat or cough with muscle aches, headache or fatigue.
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- High fever that is not responding to Tylenol® or store brand equivalent
- Decreased or no movement of your baby

