



Life is
a delicate
balance.

Your flu vaccine
protects me,
my flu vaccine
protects you.

American Indian and Alaskan Natives may be at a greater risk from complications such as hospitalization or death from H1N1, protect you and your community against this disease... it's not too late to get your flu vaccine.



Learn more about flu
and the flu vaccine by visiting
www.flu.gov or www.crihb.org





Fact Sheet for Pregnancy

What Should Pregnant Women Know About Flu

- ▼ Pregnant women are not more likely to get the H1N1 (swine) flu, but if they do catch the virus, they may be more likely to get very ill and that may affect their pregnancy. Any infectious illness (like the flu) can put a mother and unborn baby's health at risk. Some pregnant women sick with flu have had early labor and severe pneumonia.
- ▼ If you are pregnant and have flu-like symptoms, like a cough, runny or stuffy nose, or high fever, takes it very seriously. Call your doctor right away.

How can I protect myself, my baby and my family?

- ▼ Getting a flu shot is the single best way to protect against the flu. Talk with your doctor about getting a flu shot. This year's flu shot also protects against H1N1, a flu virus that is very dangerous for pregnant women and their babies. The protection you get from the flu shot is passed on to your baby during pregnancy. By getting a flu shot you will be protecting both yourself and your baby.
- ▼ Talk with your doctor right away if you have close contact with someone who has the flu. You might need to take medicine to reduce your chances of getting the flu.

Is it safe for pregnant women to get a flu shot?

- ▼ Yes. The flu shot has been given to millions of pregnant women over many years. Flu shots are a safe and easy way to protect both you and your baby from flu viruses.

Who else should get a flu vaccine?

- ▼ Anybody who will be taking care of babies younger than 6 months of age should get a flu shot. This includes you and any family members or other people who will be caring for your baby.

What else can I do?

- ▼ Take these everyday steps to help prevent the spread of germs and protect your health and the health of your family:
 - ◀ Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve.
 - ◀ Wash your hands often with soap and warm water, especially after you cough or sneeze. Avoid touching your eyes, nose or mouth. Germs spread this way.
 - ◀ Try to avoid close contact with sick people.

