

The Flu and your Pregnancy



To prevent the flu

Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve. Throw the tissue in the trash after you use it.

Wash your hands often with soap and warm water. Alcohol-based gel hand cleaners also help kill germs.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

Get your flu shots!

Pregnant women should get **BOTH** the

- H1N1 Flu shot and the
- Seasonal Flu shot

as soon as each one is available.

Ask your doctor for these shots. These shots are safe for you, and will help protect you and your baby.

Pregnant women who get H1N1 flu can have serious health problems. Some have had early labor and severe pneumonia. Some have died. Call your doctor right away if you get the flu.

Call your doctor right away if

- you live with or take care of someone who has the flu, or
- you have some or all of these:
 - Fever (in most cases)
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Body aches, headaches
 - Chills
 - Fatigue
 - Diarrhea, vomiting (sometimes)

If you have a fever, take Tylenol® (acetaminophen) right away.

Call your doctor right away to ask if you need flu medicine.

For more information, call the California Department of Public Health **H1N1 Flu Hotline**: 1-888-865-0564 or 211. Or, go to <http://www.cdc.gov/h1n1flu/pregnancy/> or <http://flu.gov/index.html>.