

**TO:** EZIZ Users  
**FROM:** CDPH  
**SUBJECT:** Continue to protect pregnant women from severe influenza  
**DATE:** 2/9/18

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Dear EZIZ Users,

During pregnancy, women are more susceptible to influenza and serious flu complications, including hospitalization, premature delivery and death. As influenza season continues, please:

- Strongly recommend flu vaccine to all pregnant women in any trimester.
- Promptly treat all pregnant and postpartum women (up to two weeks) with suspected influenza with a neuraminidase inhibitor antiviral. While antiviral drugs work best when treatment is started within 2 days of illness onset, clinical benefit has been observed even when treatment is initiated later. The Centers for Disease Control and Prevention (CDC) released a [Health Advisory through its Health Alert Network \(HAN\): Seasonal Influenza A \(H3N2\) Activity and Antiviral Treatment of Patients with Influenza](#) on December 27, 2017.
- When influenza is suspected, do **not** wait for test results to begin treatment with antivirals. **Treatment should begin promptly.** See [ACOG and SMFM's Influenza Season Assessment and Treatment for Pregnant Women with ILI Algorithm](#).

For flu patient education materials, please see: <http://eziz.org/resources/flu-promo-materials/>. You may also want to share [Samantha's story](#), about a mother who was unconscious due to severe influenza during her baby's birth.