



## Prenatal Patients Need Flu Vaccine Too



All pregnant people are recommended during any trimester to receive influenza immunization. Getting a flu vaccine is an easy and safe way to help everyone stay strong and healthy while we're still in the pandemic. For those who are not yet vaccinated against COVID-19 or due for a booster, this is [recommended by the American College of Gynecologists and Obstetricians \(ACOG\)](#) as a safe choice for pregnant people to protect themselves and their newborns. Don't forget that COVID-19 and flu shots can be [administered at the same visit](#) to make it more convenient.

### Flu Vaccine is the Best Protection

[Communicate to your patients](#) that flu vaccination is the best protection for both pregnant people and their babies against severe flu illness and its complications such as flu-associated acute respiratory infection, hospitalization, preterm birth, and low birth weight. Also, getting immunized during pregnancy helps protect the baby from flu during the first few months of life.

### Flu Vaccine Safety

Some patients may feel uneasy about getting a flu shot, especially if they are pregnant. Reassure them that millions of pregnant people have been [safely immunized against flu](#). Address their questions and concerns in plain language

### Resources

We encourage you to share a [social media post](#) about pregnancy and flu vaccines, hand out copies of [this CDPH flyer](#) and/or this CDC [flyer](#) during appointments, and post this [CDPH poster](#) in your waiting room. Visit CDC's [Flu Vaccine and Pregnancy Page](#) and EZIZ's [Flu page](#) for more resources.



If you do not offer flu vaccine onsite, recommend that your prenatal patients with Medi-Cal or private insurance call to see if they can get vaccinated at the same pharmacy where they pick up their prenatal vitamins or other prescriptions.

The website [vaccines.gov](https://www.vaccines.gov) now includes locations for [flu vaccine](#) and [COVID-19 vaccine](#). Make flu vaccination appointments a priority. With kids back in school this year, we expect more flu to be circulating. It's more important than ever. Simply put: **We're stronger when we're all protected.**

Thank you for helping to protect your prenatal patients and their babies from the flu!