



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!