

# What you should know about H1N1 influenza virus and pregnancy

## What can I do to protect myself, my baby and my family?

Getting a flu shot is the single best way to protect against the flu.

## Is it safe for me to get a flu shot?

The seasonal flu shot has been given to millions of pregnant women over many years. Flu shots have not been shown to cause harm to pregnant women or their babies. The 2009 H1N1 flu shot is made in the same way and in the same places as the seasonal flu shot. It is very important for pregnant women to get both the seasonal flu shot and the 2009 H1N1 flu shot.

## What if I get 2009 H1N1?

Call us right away if you have flu symptoms or if you have close contact with someone who has the flu. Pregnant women who get sick with H1N1 can have serious health problems. They can get sicker than other people who get H1N1.

## What else can I do to stay well?

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. If soap and water are not available, an alcohol-based hand rub can be used.
- Avoid touching your eyes, nose or mouth. Germs spread this way. Try to avoid close contact with sick people.

## What are the symptoms of seasonal and 2009 H1N1 flu?

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Fatigue
- Sometimes, diarrhea and vomiting

Note: Some people with influenza do not have a fever

## H1N1 influenza virus and children

**Young children—in addition to expecting women—are the most at risk to develop H1N1. In order to protect all of our patients, physicians and staff, we ask that children do not accompany you during office visits. If children are brought along for appointments and show signs and symptoms of influenza (both seasonal and H1N1), we may ask the child to wear a mask in an effort to prevent the spread of illness. We appreciate your understanding and cooperation!**



Information adapted from [www.cdc.gov](http://www.cdc.gov)