

u p y o u r
FLU IQ

Pregnancy,
the flu and you.



Protect your children

Over the years, the flu shot has been given to millions of pregnant women, protecting both mother and baby (up to 6 months old) from the flu. Studies have found that this vaccine is safe, causing no harm to the mother or the baby. Mothers who get the vaccine and breast-feed not only give their new baby important nutrients – they also protect them from the flu. Making sure your children get the vaccine is the best way to protect them from the flu.



Up your flu IQ

- Connecticut Flu Watch – www.ct.gov/ctfluwatch for updates and additional information
- Flu.gov – www.flu.gov
- Department of Public Health Immunizations Program – www.ct.gov/dph/immunizations

[date code]

www.ct.gov/ctfluwatch
or call 860-509-7929



What pregnant women can do to protect themselves and their young children



Protect yourself

The single best thing you can do to protect yourself and your children from influenza (the flu), is to get a flu shot. If you are having flu-like symptoms, including a fever and cough or sore throat, you should talk to your doctor right away.



What else can I do

While getting the vaccine is your single best defense against the flu, there are other things you can do to help keep yourself and others healthy including:

- Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze.
- Wash your hands using soap and warm water often, especially after coughing or sneezing.
- Avoid close contact as much as you can with people who are sick.
- Stock up on household, health and emergency items, like acetaminophen, water and non-perishable foods.



If you do get the flu

Paying attention to what your body is telling you is important to stay healthy. If you are pregnant and get the flu, you may be more at risk for serious health problems. Contact your doctor right away at the first sign of flu symptoms or if you have close contact with someone with the flu.

- Stay home and away from others if you are having flu symptoms.
- Symptoms include fever, body aches, headache, sore throat, cough, runny/stuffy nose, chills, fatigue and possibly diarrhea and/or vomiting.
- If needed, your doctor may give you an antiviral medicine.
- Have someone check in with you often if you are feeling ill.