

The Flu and You

What Pregnant Women should Know about Swine Flu

What can I do to protect myself, my baby and my family from swine flu?

Getting a flu shot is the best way to protect against the flu. Talk with your doctor about getting a seasonal flu shot and the swine flu shot. You will need both flu shots this year to be fully protected against flu. You should get both shots as soon as they are available to protect you and your baby.

Is it safe for pregnant women to get a flu shot?

Yes. 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 swine 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 am pregnant and I get swine flu?

Call your doctor 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 swine flu can have serious health problems. They can get sicker than other people who get 2009 H1N1 flu. You should also talk with your doctor right away if you have close contact with someone who has swine flu. You might need to take medicine to reduce your chances of getting the flu.

Who else should get a flu shot?

Anybody who will be taking care of babies younger than 6 months old should get a seasonal flu shot and a swine flu shot to protect against the flu. This includes you and any family members or other people who will be caring for your baby for the first 6 months of his or her life.

What you can do to prevent flu:

Prevent the spread of flu with common sense and good hygiene. Follow these tips to avoid flu:



- Get a swine flu shot and a seasonal flu shot.
- Wash your hands in warm, soapy water for 15 to 20 seconds. If you cannot wash your hands, use an alcohol-based hand gel.
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Cover your cough or sneeze with a tissue. If you do not have a tissue, cough into the crook of your elbow, not your hand.
- If you think you have the flu, call your doctor or clinic right away.
- If you are pregnant and you live with or have close contact with someone who has swine flu, talk with your doctor about medicines to prevent flu.
- Have a plan for someone else to take care of a sick family member.

For more information:

- Flu information — flu.gov
- Kentucky flu hotline — 1-877-843-7727
- Kentucky flu information — healthalerts.ky.gov
- Centers for Disease Control and Prevention information hot line — 1-800-CDC-INFO