

u p y o u r  
**FLU IQ**



### Protect your children

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



### Up your flu IQ

- Connecticut Flu Watch – [www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch) for updates and additional information
- Flu.gov – [www.flu.gov](http://www.flu.gov)

Pregnancy,  
H1N1 and you.

[www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch) or call 211





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



### Protect yourself

The single best thing you can do to protect yourself against the flu, whether seasonal or H1N1, is to get a flu shot. As there are two strains of influenza in the 2009-2010 flu season (seasonal and H1N1), it's important to get vaccinated for both types of flu. If you experience 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 vaccinated is your single best defense against the flu, there are other things you can do to help stay 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 with people who are sick as much as possible.
- Stock up on household, health and emergency items, like acetaminophen, water and non-perishable foods.



### If you do get the H1N1 flu

Paying attention to what your body is telling you is important in staying healthy. If you are pregnant and get the H1N1 flu, you are at a greater 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 experiencing 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 will prescribe an antiviral medicine.
- Have someone check in with you often if you are feeling ill.