



STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

Video: H1N1 Video Transcript –
Expectant Mothers

Date: December 15, 2009

Section title:
Expectant mothers and the H1N1 flu

Title:
Dr Lynn Sosa
CT Dept Of Public Health

Dr. Sosa: Hi, My name is Dr. Lynn Sosa, and I'm with the Connecticut Department of Public Health. As with the seasonal flu, the H1N1 virus poses a greater risk to expectant mothers. So it's important if you're expecting to know how to protect yourself and the health of your baby.

Section title:
How to protect yourself

Dr. Sosa: If you're expecting, you can protect yourself from the flu by washing your hands often and staying away from people who are ill. However, the best way to protect yourself is to be vaccinated against the H1N1 virus.

Building title:

- Washing your hands often
- Staying away from people who are ill
- Getting vaccinated for the H1N1 virus

Section title:
How safe is the H1N1 vaccine?

Dr. Sosa: The H1N1 vaccine is made the same way as the seasonal flu vaccine. And is safe. It is important for expectant mothers to be vaccinated, not only to protect themselves but the health of their baby. However, the H1N1 vaccine only protects against the H1N1 virus so it is important to also be vaccinated against the seasonal flu.

Title:
It's important to also be vaccinated against the seasonal flu

Section title:

How to protect young children

Dr. Sosa: If you have young children at home, you can protect them from the H1N1 virus by teaching them how to wash their hands and cover their coughs. But the best way to protect anyone from the H1N1 virus is to have them vaccinated.

Building title:

- Teaching them to wash their hands
- Covering their coughs
- Having them vaccinated

Section title:

Be prepared

Dr. Sosa: Some of the items you can stock up at home for this flu season include fever reducing medications like acetaminophen and ibuprofen as well as clear fluids such as water, broths and sports drinks.

Section title:

Never give aspirin to anyone under 20

Dr. Sosa: It is important to remember that aspirin should never be given to anyone under the age of 20.

Section title:

When to speak to your healthcare provider

Dr. Sosa: If you do get flu-like symptoms, such as fever, cough or sore throat, it is important to speak with your healthcare provider right away. Especially about taking antiviral medications that can decrease the severity of your symptoms and the length of time that you are sick. If you do get sick, it is important to stay home from work for at least 24 hours after your fever goes away, without the use of fever reducing medications such as acetaminophen and ibuprofen.

Title:

Up your flu IQ logo

Dr. Sosa: You can up your flu IQ by going to the ctfluwatch website at www.ct.gov/ctfluwatch or by calling 211. Thank you.

End frame:

Visit www.ct.gov/ctfluwatch

Or call 211

DPH logo