



Pregnant during flu season?

Influenza (flu) is a respiratory illness. Flu can occur year round, but it is most active during fall and winter months. Flu viruses infect your nose, throat and lungs. For some people flu is no big deal. For others, including pregnant people, it can be a serious illness. If you are pregnant, ask your doctor about getting a flu vaccine.

3 reasons to get a flu vaccine during pregnancy :

1. You lower your risk of being hospitalized with flu by an average of 40%. Pregnant people are more likely to go to the hospital because of the flu than non-pregnant people of the same age.
2. You protect your developing baby. Getting sick with the flu during pregnancy can cause pregnancy loss, lower than usual birthweight, and preterm birth.
3. You protect your newborn after birth. When you get a flu vaccine your body makes antibodies that fight the flu virus. Getting the flu vaccine during pregnancy, or while breastfeeding or chest feeding, gives your baby antibodies from your milk. This protects them from flu for months after they are born.

Learn More:



Scan or visit
www.FluFreeWa.org

Find a vaccine clinic by calling or visiting:



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Call our hotline to speak to a Family Resource Navigator at **1-800-322-2588** or find resources and services near you at www.HelpMeGrowWA.org