

Is the vaccine safe, even if I breast-feed?

Yes. The flu vaccine is safe for mothers who are breast-feeding.

Can my baby also get flu vaccine?

This depends on the age of your child. If your child is 6 months or older, he or she may get vaccinated.

If your child is younger than 6 months, he or she may **NOT** get flu vaccine. However, you and other caregivers should get vaccinated to help protect him or her from the flu.

Where can I get flu vaccine?

Check with your:

- Health-care provider.
- Local public health unit.
- Local pharmacist.

For more information about flu, visit

www.ndflu.com

Remember ... The flu vaccine is safe during any trimester.

FLU VACCINE ...

your best line of defense!

This message is brought to you by:

- North Dakota Department of Health
- North Dakota Department of Human Services — Aging Services Division
- North Dakota Department of Human Services — Medical Services Division
- North Dakota Public Health Association
- BlueCross BlueShield of North Dakota
- North Dakota Pharmacy Association
- AARP ND
- North Dakota Medical Association
- North Dakota Health Care Review, Inc.
- Greater Grand Forks Immunization Coalition

Revised 09/2008

Are You at High Risk for Flu?

Facts for Women Who Are Pregnant During Flu Season



What is the flu?

Influenza, also called the “flu,” is one of the most serious illnesses of the winter season. It is not like a cold or a “24-hour bug.”

Symptoms of the flu:

- High fever (over 100°F)
- Headache
- Cough
- Sore throat
- Body aches

How can I protect myself?

The best prevention is **flu vaccine**. It is the safest and easiest method of protection.



Other ways to help prevent the flu from spreading are:

- Covering your mouth and nose when you cough or sneeze.
- Throwing tissues in the trash.
- Washing your hands often or using an alcohol hand rub.

How does the flu affect me?

Pregnant women are at a greatly increased risk for influenza complications and influenza-related hospitalizations.

The flu vaccine has been shown to reduce flu-related hospitalizations and flu-related deaths for women who are pregnant during the influenza season.

Is the flu vaccine safe?

Yes. Vaccination can occur in any trimester.

Few people who receive the flu vaccine have problems. Some minor side effects are:

- Soreness, redness or swelling where the shot was given.
- Slight fever.

People who have a severe allergy to eggs should not get the vaccine.

If you have other concerns, contact your health-care provider.

Remember ... you can't get flu from flu vaccine!!

Who should get flu vaccine?



“I want to take care of my baby even before it is born. After the baby is born, I do not want to risk giving him or her the flu. I want to be the best mother I can and that is by staying healthy.”
— Tiffany Baumgartner, Bismarck, N.D.

How much does the vaccine cost?

The price of flu vaccine will vary; however, most insurance companies will cover the cost of the vaccine. Those without insurance should contact their local public health unit.

When should I get vaccinated?

October or November is the best time; however, flu vaccine given later in the flu season still can protect you against the flu.