

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 should be vaccinated.

If your child is younger than 6 months, he or she is too young to get the flu vaccine. However, you and other caregivers should get vaccinated to help protect him or her from the flu.

Mothers who get vaccinated while they are pregnant can pass their immunity to their babies, protecting them for several months after birth.

Where can I get vaccinated?

Check with your:

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

For more information about flu, visit

www.ndflu.com

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

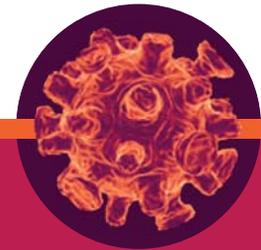
**FLU
VACCINE**
your best line
of defense!



NORTH DAKOTA
DEPARTMENT *of* HEALTH

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**THE
FLU
&
YOU**



**Facts for Women
Who Are
Pregnant**

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 the **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.
- Avoiding touching your nose and mouth.
- Washing your hands often or using an alcohol hand rub.
- Staying home when sick.

How does the flu affect me?

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

Changes in the immune system, heart and lungs during pregnancy make pregnant women more prone to severe illness from flu.

Pregnant women with flu have a greater chance for serious problems for their unborn baby, including premature labor and delivery.

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 with severe egg allergies should consult their health-care provider prior to receiving flu vaccine.

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

Remember ... you can't get the 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 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?

As soon as vaccine becomes available, usually in October or November; however, flu vaccine given later in the flu season still can protect you against the flu.