

Pregnancy and the Flu

While we all want to avoid the flu, pregnant women should take extra care to avoid it. Pregnant women can get sicker than the average person.

What can I do to prevent getting the flu?

The Flu shot helps prevent the flu. You need to get a flu shot each year because the flu virus strain varies from year to year. There are two types of flu vaccines this year. You should get both:

- Seasonal flu shot
- H1N1 flu shot

The flu virus is almost always spread from person to person by droplets that are coughed or sneezed into the air. To prevent the spread of the virus:

- Cover your nose and mouth when coughing or sneezing.
- Contain the sneeze or cough in a tissue or handkerchief.
- Always wash your hands after coughing, sneezing and handling used tissues.

The flu virus can also be spread by the hands of an infected person who has touched their mouth or nose, so frequent and careful hand washing will help prevent the spread.

- Wash your hands often
- Avoid contact with sick people.
- If a family member has flu-like symptoms, have another person care for those who are sick.

What are the symptoms of the flu?

- Chills
- Muscle aches
- Headache
- Fever
- Runny nose
- Nasal congestion
- Cough
- Sore throat





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What should I do if I or someone I am in close contact with has symptoms?

- Call your doctor's our office right away. Ask to speak to your doctor's nurse.
- If you are asked to go to the office,
 - Put on a mask as soon as you enter the waiting area
 - Wash your hands
- If you get a fever of 100.5 or more,
 - Take acetaminophen (Tylenol) as directed
- Limit your close contact with others so as not to spread the flu
- Drink 8 glasses of fluids a day
- Get at least 7-8 hours of sleep
- Eat healthy foods

Should other family members be vaccinated?

Yes. All household contacts of mothers and infants are asked to get vaccinated. This includes:

- anyone that lives with you
- your partner
- your children
- grandparents
- babysitters

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Please call your doctor for any questions or concerns you may have regarding this information.

*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.
This educational material was developed by a team of experts from throughout ProHealth Care.*

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