

Protect
Yourself!

Protect
Your Baby!

Get Your
Flu Vaccines!

- It is important for pregnant women to get the seasonal influenza vaccine this year and every year.
- Since babies less than six months old cannot get flu vaccine, it is very important that the people around them get vaccinated.



- A pregnant woman who gets any type of flu is at risk for serious complications and hospitalization.
- Contact your family doctor, Ob/Gyn, or local health department for more information.

