



# It's time to prevent the flu.

## **Get your flu shot.**

Getting a flu shot is the first and most important step in protecting yourself against the flu, and it's safe for you and your unborn child. You can receive the flu shot at any time, during any trimester, while you are pregnant.

Talk to your doctor, nurse, or clinic about getting vaccinated as soon as you can.

## **Prevent the flu— it's in your hands!**

- Wash your hands often with soap and water. If you don't have soap and water, use an alcohol-based hand sanitizer.
- Don't touch or shake hands with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Stay home when you're sick, and keep your children home when they're sick.

