



Will You Be Pregnant This Flu Season?



Stay Healthy During Your Pregnancy. Get Vaccinated.

Pregnant women are more prone to severe illness from flu, causing hospitalizations and even death. Pregnant women with the flu also have a greater chance for serious problems for their unborn baby, including miscarriage or preterm birth. The Advisory Committee on Immunization Practices (ACIP) recommends you should get the flu vaccine as soon as it is available in your area.

- Flu shots are a safe way to protect yourself and your unborn child from serious illness and complications of flu. Flu shots have not been shown to cause harm to pregnant women or their babies.
- If you get the flu shot during your pregnancy, it provides some protection to your baby, both while you are pregnant and after the baby is born.
- **You should not get the nasal spray.** The flu shot is the only flu vaccine approved for pregnant women.

FOR MORE INFORMATION, CALL 850-245-4342 OR VISIT WWW.IMMUNIZEFLORIDA.ORG.