

DO WITHOUT THE FLU



This winter season, don't miss out on doing what you love outside. Do everything you want to do without the flu.

A seasonal flu vaccine is highly recommended for pregnant women because they are at an increased risk for flu-related complications. It's the safe and effective way to protect yourself and your baby.

Flu vaccines are available from your healthcare provider, local public health department, or local pharmacy.

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DO GET YOUR FLU VACCINE

If you're pregnant, getting a flu vaccine is the first and most important step for flu prevention. The flu vaccine has a decades long track record of safety but pregnant women should get the vaccine – not the live attenuated vaccine or nasal spray.

DO KNOW WHO IS MOST AT RISK: PREGNANT WOMEN

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

According to the CDC, vaccination has been shown to reduce the risk of flu-associated acute respiratory infection in pregnant women by about one-half. And reduce the risk of hospitalization by an average of 40 percent.

Pregnant women who get a flu vaccine are also helping to protect their babies from flu illness for the first several months after their birth, when they are too young to get vaccinated.

Other people at risk for flu-related complications:

- Adults aged 65 and older
- Infants and children
- Adolescents with certain chronic conditions
- Certain racial and ethnic groups like indigenous peoples

DO RECOGNIZE FLU SYMPTOMS

Flu-like symptoms include: fever, cough, chills, sore throat, runny nose, body aches, headaches and fatigue. Some people may have vomiting and diarrhea.

DO LEARN FLU PREVENTION TIPS

- Stay away from people who are sick. If you are sick, limit contact with others to keep from infecting them.
- Remember to cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with viruses that cause flu.

DO ASK YOUR DOCTOR ABOUT TREATMENT OPTIONS

Antiviral medications can treat flu illness and are recommended for pregnant women who are sick with the flu. They can also prevent serious flu complications like pneumonia. Ask your doctor about prescribing antivirals because they are not available over the counter.

DO GET YOUR FLU VACCINE

This winter season, don't miss out on doing what you want to do. Get your flu vaccine to stay well and stay active. Do what's best to protect yourself and your baby from the flu.

Get your flu vaccine from your healthcare provider, local public health department, or local pharmacy.



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ndflu.com or scan this QR
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