

PROTECT TWO FROM THE FLU

Questions about getting a flu shot during pregnancy

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Are pregnant women supposed to get a flu shot?

Yes! All women should get a flu shot if they are pregnant during the flu season.

2

Is the flu shot safe for pregnant women and their babies?

Yes! Flu shots are safely given to millions of pregnant women across the US and around the world each winter. Doctors have recommended flu shots during pregnancy for many years.

3

Can the flu shot give someone the flu?

No! The flu shot contains only pieces of the germ (virus) that causes the flu. These germ pieces cannot cause disease. Sometimes, people may feel tired or achy after getting a flu shot. This just means the body is responding to the shot like it should.

4

Can a flu shot given to a pregnant woman also protect her baby?

Yes! When a pregnant woman gets a flu shot her body makes special germ fighters called antibodies. These antibodies pass through the umbilical cord to the baby so the baby is born protected.

If I got a flu shot last year, do I need it again?

5

Yes! The flu vaccine is updated every year because the types (strains) of flu virus causing disease can change over time. Last year's shot may not be the right match against this year's flu. Everyone over 6 months old should get a new flu shot every year.

Last time I got a flu shot, I still got sick. Why should I get one again?

6

There are many other germs that cause flu-like illness in the winter that people can mistake for the flu. There are also many types of flu virus. The flu shot cannot protect against all of them, but the best way to protect yourself is to get a flu shot every winter.

I never get sick, so why bother?

7

Many people go years without ever getting the flu, but when a pregnant woman gets the flu it can be very severe. Pregnant women need to stay healthy as this is important for her and also for her baby.

Should family members of pregnant women get flu shots too?

8

Yes! Everyone over 6 months old should get a flu shot every year, especially people who will be around pregnant women and babies.



Give babies a
healthy start to life!



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