

Protect Yourself!

Protect Your Baby!

Get Your Flu Vaccines!

- It is important for pregnant women to get the 2009 H1N1 influenza vaccine and the seasonal influenza vaccine.
- 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.

