

If you are pregnant and think you have the flu...



When should you call your doctor?

- As soon as you think you have symptoms of H1N1 (swine) flu or seasonal flu
- If you have close contact with someone who has any flu

Flu symptoms commonly include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Some people also have diarrhea

Why is it important to call your doctor?

Because you are pregnant, it is important to protect you and your unborn baby from getting sick.

Your doctor will decide if you need treatment to reduce the severity of your illness.

What else should I do if I have symptoms of the H1N1 or any flu?

- Most important: call your doctor or your nurse
- Stay home
- Limit contact with others
- Get a seasonal flu shot this year and every year. Also, get an H1N1 flu shot when they are available.

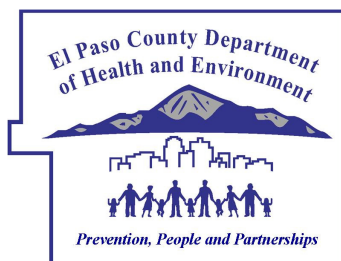
Your doctor's telephone number: _____

Your nurse's telephone number: _____

Who will take care of your child if you have the flu? _____

www.cdc.gov/h1n1flu/guidance/pregnant.htm

“Guidance for Pregnant and Breastfeeding Women”



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