

THE FLU SHOT & PREGNANCY

MotherToBaby GA October 2018 Newsletter



QUESTIONS?
CALL 866-626-6847 OR
TEXT 855-999-3525

Pregnant women are NOT recommended to receive the nasal-spray influenza vaccine as it contains some live, but weakened, flu virus.

Even if you get the flu after getting your flu shot, having the shot may make your symptoms less severe!



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FAST FACTS

- ▶ The flu shot is safe for pregnant women in any trimester and for breastfeeding women
- ▶ The flu shot itself is not known to cause birth defects, but some of the symptoms from the flu could be especially dangerous for pregnant women, such as high fever or respiratory distress (trouble breathing)
- ▶ Getting your flu shot while pregnant helps protect your baby while under 6 months of age when s/he can't get vaccinated
- ▶ The CDC recommends that anyone caring for or coming into contact with babies get a flu shot
- ▶ If you get the flu you should continue to breastfeed! The antibodies your body produces can be transferred to your baby via your breast milk & help fight the infection should your baby become ill



Lauren Kozlowski, MotherToBaby GA Coordinator
(T) 404-727-6101 (E) mothertobaby@emory.edu