



A MINUTE OF HEALTH WITH CDC

Protecting Babies from Flu

Influenza Vaccination Coverage Among Pregnant Women — 29 States and New York City, 2009–10 Season

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This program is presented by the Centers for Disease Control and Prevention.

One of the best ways a pregnant woman can take care of her unborn child is by taking care of herself. Because expectant women are at increased risk for severe complications from influenza, CDC recommends that they get an annual flu vaccine.

Flu season begins as early as October and can possibly extend through April. The vaccine is safe to be administered at any point during pregnancy and can protect both mom and baby. Infants will be protected for the first six months of life until they can get their own flu vaccine.

If you're expecting or planning a pregnancy, ask your health care provider about getting the flu vaccine.

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