

## A MINUTE OF HEALTH WITH CDC

## Mothers Against Flu

Influenza Vaccination Coverage Among Pregnant Women — United States, 2011-2012

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

It's important for everyone age six months and older to get an annual flu vaccine. It's critical for women who are either pregnant or plan to get pregnant during the flu season, which can run from October through May. Pregnant women are at increased risk for complications from influenza, including hospitalization and death. The vaccine is both safe and effective in preventing flu and can help protect both the expectant mother and her unborn baby. A pregnant woman can safely get vaccinated at any point during pregnancy. If you are pregnant or plan to get pregnant, ask your health care provider about the flu vaccine.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.