



## **A MINUTE OF HEALTH WITH CDC**

### *Preventing Flu During Pregnancy*

*Influenza Vaccination Coverage Among Pregnant Women – United States, 2012-13 Influenza Season*

Recorded: September 24, 2013; posted: September 26, 2013

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

During the influenza season, pregnant women and infants under 6 months old are especially susceptible to severe complications from the flu. The seasonal flu vaccination is the best way to protect both mother and baby. Although more than half of pregnant women in the U.S. typically get vaccinated, many still don't because of the misconception that the vaccine might harm the baby. The flu vaccine is safe and effective. It can be given at any time during pregnancy or immediately after delivery, even if the mother is breastfeeding her baby. Women, who are pregnant or could become pregnant, should talk with their health-care provider about the benefits of flu vaccination.

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