



A MINUTE OF HEALTH WITH CDC

Flu Shots for Moms-to-Be

Seasonal Influenza and 2009 H1N1 Vaccination Coverage Among Pregnant Women — 10 States, 2009–10 Influenza Season

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

CDC strongly recommends that pregnant women get the inactivated flu vaccine during pregnancy. This form of the seasonal flu vaccine is safe and will provide protection for both the mother and her baby from the three most common strains circulating this year. In the U.S., the flu season generally runs from August through March. Women who are pregnant during this time are at increased risk for severe complications from the flu. Women should get vaccinated during their pregnancy, regardless of how far along they are. If you have questions about the flu vaccine during pregnancy, talk to your health care provider.

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