



## A CUP 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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*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Women who are pregnant are at increased risk for severe complications from the flu. The inactivated form of the seasonal flu vaccine is perfectly safe and is *highly* recommended for expectant mothers.

Dr. Indu Ahluwalia is an epidemiologist with CDC's Division of Reproductive Health. She's joining us today to discuss the importance of pregnant women getting the flu vaccine. Welcome to the show, Indu.

[Dr. Ahluwalia] Thank you.

[Dr. Gaynes] Indu, when is the flu season in the U.S.?

[Dr. Ahluwalia] The flu season generally goes from August to March.

[Dr. Gaynes] Are pregnant women at higher risk for getting the flu?

[Dr. Ahluwalia] Pregnant women are at increased risk for getting the flu infection and complications resulting from it.

[Dr. Gaynes] Well what complications can result from getting the flu during pregnancy?

[Dr. Ahluwalia] Influenza infection among pregnant women can result in severe illness and increased hospitalizations and even death.

[Dr. Gaynes] Is there a special flu vaccine for pregnant women?

[Dr. Ahluwalia] Nope, but there are two forms of the vaccine available to the general public – the nasal spray and the flu shot – and the flu shot is what's recommended for pregnant women.

[Dr. Gaynes] Can a woman get a flu vaccine at any point during her pregnancy?

[Dr. Ahluwalia] Yes. The recommendation is that they can get the flu vaccine anytime during their pregnancy.

[Dr. Gaynes] Indu, where can listeners get more information about getting vaccinated against the flu during pregnancy?

[Dr. Ahluwalia] They can go to [www.flu.gov](http://www.flu.gov) for additional information.

[Dr. Gaynes] Thanks, Indu. I've been talking today with CDC's Dr. Indu Ahluwalia about the importance of pregnant women getting the flu vaccine, since they are at increased risk for severe complications. Remember: Women should get vaccinated against the flu at any time during pregnancy to protect themselves and their baby.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

*[Announcer]* For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.