

Keep babies safe: get a flu shot.

If you are pregnant or planning to have a baby during peak flu season between October and February, getting a flu (influenza vaccine) shot is a smart way to stay healthy.

The flu shot helps protect you from getting sick and helps protect your baby after they are born.

The flu shot is safe for you and your baby during pregnancy and while breastfeeding. Doctors have been giving it to pregnant people for many years, and it's safe to get it at any time during pregnancy.

Why the flu shot is important:

- It helps protect you and your baby! When you get the flu shot, you pass some protection to your baby.
- It lowers the chance of your baby going to the hospital because of the flu.

Everyone who cares for a baby should get vaccinated to help keep the baby safe. Ask sick friends or family to stay away so they don't spread germs to the baby.

Talk to your doctor about getting your flu shot. It's a great way to keep both you and your baby healthy!



Learn
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the flu shot
and
pregnancy
here:



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