

PREGNANCY & THE FLU

SEASONAL AND PANDEMIC H1N1 FLU

Pregnant women are at greater risk for the flu.
Take steps to protect yourself.

H1N1 | PREPARE4FLU2DAY
www.ColumbusPandemicFlu.org

Protect yourself from the flu...

- Wash your hands often
- Cover your cough
- Stay away from sick people
- Stay home if you are sick and call your doctor
- Get a seasonal flu shot
- Get an H1N1 flu shot – when available

If you become sick...

Contact your doctor right away.

Signs can include:

- High fever
- Cough
- Runny or stuffy nose
- Sore throat
- Body aches
- Headache
- Chills
- Diarrhea and vomiting

Stay informed...

- www.ColumbusPandemicFlu.org
- Call 2-1-1 (*in Columbus area*) or 614-221-2255 (*outside of Columbus*)



10.14.09