



## **Special Information for Pregnant Women!**

The H1N1 flu is causing severe complications for pregnant women. It is strongly recommended that pregnant women get both the H1N1 (Swine Flu) and Seasonal Flu shots.

- At the first signs of flu, pregnant women should call their doctor for treatment options
- Flu treatments must start within the first 2 days when flu symptoms start
- Getting a flu shot can protect your baby, too, from birth to 6 months of age
- Flu spreads through close contact. Breast milk is safe for your baby but breastfeeding is close contact so if you are sick, pump your breast milk and ask someone who is healthy to feed your baby. If that isn't possible, wear a mask while you breast feed and care for your baby
- Family members can protect expecting mothers by getting their flu shots and limiting contact like kissing and hugging.
- People can be contagious before they show any symptoms

## **Emergency Warning Signs**

If the person with the flu experiences any of the following symptoms or signs, seek emergency medical care immediately.

### **Concerns in Children**

Fast breathing or trouble breathing  
Not drinking enough fluids  
Severe or persistent vomiting  
Flu-like symptoms improve but then return with fever or worse cough  
Not waking up or responding to caregiver  
Irritability and not wanting to be held  
Bluish or gray skin color

### **Concerns in Adults**

Difficulty breathing or shortness of breath  
Not drinking enough fluids  
Severe or persistent vomiting  
Flu-like symptoms improve but then return with fever or worse cough  
Confusion  
Sudden dizziness  
Pain or pressure in the chest or stomach

**For more information or vaccine locations, please call the Flu Hotline at  
1-602-372-3996 or 877-764-2670  
or go to [www.WeArePublicHealth.org](http://www.WeArePublicHealth.org)**