



# Influenza

[www.flu.oregon.gov](http://www.flu.oregon.gov)

## Pregnancy and Pandemic H1N1

### Introduction

Pregnant women are more likely to get very sick from influenza. This is true of the seasonal flu that returns every year, and also of pandemic H1N1 flu, which appeared last spring. Serious problems such as pneumonia and early labor may occur.



### Prevention

- Pregnant women should get a seasonal flu shot as soon as they are available. Studies show that the flu shot is safe for pregnant women and helps protect their unborn children.
- Try to avoid close contact with sick people. If you are exposed to the flu, contact your health care provider right away.
- Wash your hands often with soap and water.



### Symptoms

- Symptoms of seasonal flu include fever, cough, sore throat, body aches, headache, chills and fatigue, and sometimes diarrhea and vomiting.



### Treatment

- If you are pregnant and start feeling flu-like symptoms, contact your health care provider right away. Talk about your treatment plan, including whether antiviral medicine may be needed.
- Treat any fever during pregnancy right away with acetaminophen (Tylenol®).
- Drink lots of fluids.
- Get emergency medical care right away if you experience:
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting



- A hard time breathing or shortness of breath
- Pain or pressure in your chest or abdomen
- Your baby moving less or not moving
- A high fever that doesn't get better after taking Tylenol®.

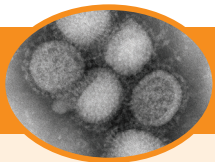
## Newborns

- Flu can be very serious in young babies.
- Children under six months of age cannot get flu shots.
- Babies who are breastfed do not get as sick and are sick less often from the flu than babies who are not breastfed.
- You can help protect your baby from the flu by breastfeeding. Your breastmilk has antibodies that get passed to your baby when you breastfeed. Antibodies fight infection.



## What if I get sick?

- Ask for help from someone who is not sick to feed and care for your baby, if possible.
- If you are breastfeeding, pump your milk and have someone who is not sick feed your baby the breast milk.
- If there is no one else to help take care of your baby while you are sick, wash your hands often, and try to wear a facemask when feeding or taking care of your baby.
- Others who live with you or who help take care of your newborn should also get vaccinated against seasonal flu.
- For more information on breastfeeding and influenza, visit the Centers for Disease Control and Prevention Web site: [www.cdc.gov/h1n1flu/infantfeeding.htm](http://www.cdc.gov/h1n1flu/infantfeeding.htm)



# For more information

**Oregon Public Health Division**  
[www.flu.oregon.gov](http://www.flu.oregon.gov)

**Oregon Public Health Hotline**  
**1-800-978-3040**

**Oregon county health departments**  
[www.oregon.gov/DHS/ph/lhd/lhd.shtml](http://www.oregon.gov/DHS/ph/lhd/lhd.shtml)

**Federal pandemic H1N1 flu information**  
[www.flu.gov](http://www.flu.gov)

**World Health Organization:**  
[www.who.in](http://www.who.in)

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