Protect Yourself and Your Baby.
Get Your Flu Vaccine!

Flu is a serious disease for infants and pregnant women

Pregnant women who get the flu are at an increased risk of hospitalizations and having premature labor and delivery.

Vaccines during pregnancy are safe and effective

Flu vaccine is the single best way to prevent the flu.

You can get a flu shot at any time during your pregnancy, and it is covered by insurance.

A recent study found that the flu shot can reduce the risk of influenza-associated hospitalizations during pregnancy by 40 percent.

*Thompson et al. Clinical Infectious Diseases, (2019)

Surround your baby with vaccinated people

Infants cannot get the flu vaccine until they are 6 months old.

The best way to protect infants is to vaccinate those around them including parents, siblings, grandparents, child care workers, and health care personnel.

Only 50 percent of pregnant women get their flu shot each year - time to bump it up!

Talk to your healthcare provider today about all vaccines needed during pregnancy to protect you and your baby.

For more information visit:
- michigan.gov/flu
- cdc.gov/flu
- immunizationforwomen.org
- ivaccinate.org


Revised June 2019