

# 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.

## Flu vaccine offers the best protection against seasonal flu.

Your flu vaccine helps protect your baby against the flu for up to six months after birth.

Infants of mothers vaccinated against influenza are up to 48 percent less likely to be hospitalized with flu-related complications compared to infants of mothers who were not vaccinated against flu\*.

\*Poehling et al. *American Journal of Obstetrics and Gynecology*, (2005)

## 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 six 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](https://Michigan.gov/Flu)
- [CDC.gov/Flu](https://CDC.gov/Flu)
- [ImmunizationForWomen.org](https://ImmunizationForWomen.org)
- [IVaccinate.org](https://IVaccinate.org)