



Information about the Pandemic H1N1 Flu (Swine Flu) for Pregnant Women



A new flu virus called Pandemic H1N1 Flu, also known as swine flu, has emerged around the world in the last few months. This flu virus has caused severe illness, hospitalizations and even death in the United States. Pregnant women appear to be at a higher risk of severe illness from this new H1N1 flu.

What are the symptoms of H1N1 flu?

- The symptoms of the flu are
 - fever (100^{°F} or more),
 - cough,
 - sore throat,
 - headache,
 - tiredness,
 - runny or stuffy nose,
 - muscle aches, and
 - sometimes nausea, vomiting and diarrhea.

All of these symptoms, except nausea, vomiting and diarrhea, are the same as the normal seasonal flu.

What do I do if I have flu symptoms?

- Contact your doctor immediately if you have symptoms!!! Your doctor may want to prescribe you antiviral medication, which should be started within 24 to 48 hours after your symptoms started.
- Stay home until 24 hours after your fever is gone, without taking fever-reducing medicine, except to see your doctor.
- Limit the amount of contact with others as much possible, so you don't get them sick.

What can I do to protect myself?

1. Get Vaccinated!

- ❖ It is highly recommends that all pregnant women get vaccinated against both seasonal and H1N1 flu. Contact your healthcare provider to get both shots. This is the single most important way to prevent you from getting the flu.

2. Take Preventative Actions Everyday!

- ❖ Wash your hands with soap and water often, especially after you cough or sneeze. If soap and water are not available, use alcohol-based hand sanitizer.
- ❖ Cover your nose and mouth with a tissue when you cough or sneeze to keep from spreading the flu to others. Make sure you throw your used tissue in the trash after you use it.
- ❖ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ❖ Limit contact with crowds and avoid crowded places. The more people you are around, the higher the chance that you may become infected.
- ❖ Avoid close contact with people who are sick
- ❖ If you have close contact with someone who has the flu, contact your doctor to discuss whether you need treatment to reduce your chances of getting the flu.