

Half of pregnant women protect their babies against the flu. Time to bump it up!



With only half of pregnant moms getting their flu vaccine, too many remain unprotected

Flu shots help protect pregnant women and their babies from potentially serious illness during and after pregnancy.

During the 2015-16 flu season, an estimated 50%* of pregnant women in the U.S. protected themselves and their babies from flu by getting a flu shot. While this is a significant improvement since the years before the 2009 pandemic, about half of pregnant women, and their babies, still remain unprotected from influenza.

We can do better. All pregnant women need flu shots to protect themselves and their babies.

Influenza vaccination coverage among pregnant women aged 18-49 years**



If you're pregnant, a flu shot:

- is safe, and can be received at any time during pregnancy
- can help protect against premature labor and delivery
- protects developing baby before birth and after birth, for the first several months, while baby is too young to get a flu shot

Pregnant women also need a whooping cough (Tdap) shot. Talk to your doctor.

Get vaccinated to protect yourself and your baby.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/flu/protect/vaccine/pregnant.htm