

Pregnant women who get the flu are more likely to develop serious complications. So, it is important to **be prepared.**

Pregnant women with H1N1 face higher risk

Get the vaccine

While basic prevention measures are important, **vaccination is the single best way to protect against the flu.** The H1N1 vaccine is recommended for pregnant women.

Follow flu prevention measures

- Wash your hands often with soap and warm water for at least 20 seconds. An alcohol-based hand sanitizer is also effective in killing viruses.
- Cough and sneeze in your arm or sleeve, not your hand.
- Keep common surfaces and items clean and disinfected.
- Have a thermometer at home to check your temperature—a fever is 38°C (100.4°F) or higher.
- Stay home if you have mild flu symptoms.

Know the flu symptoms

Mild flu symptoms: fever, cough, sore throat, sore joints, sore muscles and fatigue

Severe flu symptoms: shortness of breath, difficulty breathing, chest pain, bloody sputum (phlegm), and severe or persistent vomiting

Speak to your health care provider about a prescription

- If you get the flu, you can be treated with antiviral medication.
- Antiviral medication must be started within the first 48 hours of the onset of mild flu symptoms to help reduce the risk of complications.
- Discuss with your health care provider the option of an advance prescription for antiviral medication.
- Antiviral medications are used to treat the H1N1 flu virus.
- Vaccination is the best way to prevent the H1N1 flu.

Act immediately

If you develop mild flu symptoms:

- Start taking your antiviral medication immediately.
- Advise your health care provider that you have started taking the medication.

If your symptoms worsen even after starting your medication, or if you develop severe flu symptoms:

- Go to an Emergency Room immediately.
- Severe flu symptoms are: shortness of breath, difficulty breathing, chest pain, bloody sputum (phlegm), and severe or persistent vomiting.

Stay informed

For more information on flu prevention, visit:
www.sogc.org or **www.fightflu.ca**

