



Pregnant women are at risk from influenza



What you can do to protect yourself:

- ▶ If you develop flu-like symptoms (fever, cough, sore throat), see your doctor immediately.
- ▶ Wash your hands regularly.
- ▶ Stay away from sick people.

***Tamiflu is safe to take during pregnancy.
The seasonal flu vaccine is recommended
(and free) for all pregnant women.***