Myth #: “I can’t get the flu vaccine because I’m pregnant.”

FACT:

- CDC recommends an annual flu vaccine for everyone 6 months and older, including pregnant women.
- Pregnant women have a higher risk for serious complications from influenza than non-pregnant women of reproductive age. Influenza vaccine will protect pregnant women, their unborn babies, and protect the baby after birth.
- To prevent influenza and complications in pregnant women, the Centers for Disease Control and Prevention’s (CDC) Advisory Committee on Immunization Practices (ACIP) in 2004 began recommending routine immunization of pregnant women with the flu shot at any stage of pregnancy. The nasal spray vaccine is not recommended for use in pregnant women.