

Pregnancy & H1N1

What if I Get this New Virus and I am Pregnant?

We don't know if this virus will cause pregnant women to have a greater chance of getting sick or have serious problems. We also do not know how this virus will affect the baby.

We do know that pregnant women are more likely to get sick than others and have more serious problems with seasonal flu. These problems may include early labor or severe pneumonia. We don't know if this virus will do the same, but it should be taken very seriously.

How Can I Protect Myself, My Baby and My Family?

Take these everyday steps to help prevent the spread of germs and protect your health:

- Wash your hands often with soap and warm water for 15 – 20 seconds, and always after you cough or sneeze. Alcohol-based gel hand cleaners are also good to use.
- Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people. If you are pregnant and you live or have close contact with someone who has H1N1 flu, talk to your doctor about antiviral medicines to prevent flu.
- Have a plan to care for sick family members.
- Stock up on household, health and emergency supplies, such as water, Tylenol[®], non-perishable foods.

What Are the Symptoms of H1N1?

Symptoms are like seasonal flu and include the following:

Fever > 100°	Headaches
Cough	Chills & fatigue
Sore throat	Diarrhea and vomiting
Body aches	

What Should I Do if I Get Sick?

- Stay home from work, school and other social situations.
- Limit contact with other people, including members of your family.
- If you are alone at any time, have someone check in with you often if you are feeling ill.
- Treat the fever with Tylenol[®] (acetaminophen). This is the best treatment of fever in pregnancy.
- Get plenty of rest to help you recover.
- Drink plenty of fluids to replace those you lose when you are sick.
- Call your doctor. Your doctor will decide if testing or treatment with certain antiviral medications such as Tamiflu[®] (oseltamivir) or Relenza[®] (zanamivir) are needed.



Like seasonal flu, H1N1 flu may make other medical problems worse. Pay attention to your body and how you are feeling.

When Should I Get Emergency Medical Care?

If you have any of these signs, seek emergency medical care right away:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Decreased or no movement of your baby
- A high fever that is not responding to Tylenol®



After the Baby Is Born

New parents have many questions about the care of a newborn. Your baby's doctor is the best resource for these questions, but here are a few questions about breastfeeding that you may find helpful once you have delivered.

How Should I Feed my Baby?

Flu can be very serious in young babies. Babies who are breastfed do not get as sick and are sick less often from the flu, than do babies who are not breastfed.

Breastfeeding protects babies. Breast milk passes on antibodies from the mother to a baby. Antibodies help fight off infection.

Is it Ok to Breastfeed My Baby if I Am Sick?

- A mother's milk is made to fight diseases in her baby. This is really important in young babies when their immune system is still growing.
- Do not stop breastfeeding if you are ill. Breastfeed early and often. Limit formula feeds if you can. This will help protect your baby from infection.
- Be careful not to cough or sneeze in the baby's face.
- Your doctor might ask you to wear a mask to keep from spreading this new virus to your baby.
- If you are too sick to breastfeed, pump and have someone give the expressed milk to your baby.
- Remember to wash your hands for 15 – 20 seconds with soap and warm water before and after breastfeeding.

Is it Ok to Take Medicine to Treat or Prevent H1N1 Flu while Breastfeeding?

Yes. Mothers who are breastfeeding can continue to nurse their babies while being treated for the flu.

Reprinted from the CDC's www.cdc.gov/h1n1flu

**For more information, contact your doctor or
visit www.NoFlu.org**