



HINDI BIRO ANG FLU, LALO NA SA MGA NAGDADALANG-TAO

Pregnant women like you are at **high risk** of influenza complications.^(1,2)

Flu in pregnancy can have significant consequences for you and your infant, affecting cardiovascular, respiratory and immune systems including ⁽³⁾:

Hospitalizations
Fetal abnormality
Lower birth weight
Death ⁽⁴⁾



There is an **increased risk of delivery complications** during flu season.



There is an **increased risk in hospitalizations** for respiratory-illness.^{(*)2}

FLU PREVENTION IS THE BEST PROTECTION

It doesn't only protect you; it also protects your child and the people around you.

If you are protected against Flu while pregnant, you also protect your baby against it during the first several months after birth, when they're too young to get protected.⁽⁵⁾



WHO recommends that **pregnant women** be given the **highest priority for flu prevention at any stage** of pregnancy due to high risk of severe influenza.⁽⁶⁾

TALK TO YOUR DOCTOR ABOUT FLU PREVENTION TODAY

References:

1. Tamma P, Steinhoff M, and Omer S. 2010. Influenza infection and vaccination in pregnant women. Expert Review of Respiratory Medicine. 4(3), pp.321-328.
2. Dodds L, McNeil S, Fell D, Allen V, Coombs A, Scott J, et al. Impact of Influenza exposure rates of hospital admissions and physician visits because of respiratory illness among pregnant women. Canadian Medical Association Journal. 2007;176(4):463-468.
3. Rasmussen S, Jamieson D, Bresee J. Pandemic Influenza and Pregnant Women. Emerging Infectious Diseases. 2008;14(1):95-100.
4. Hansen C, Desai S, Bredfeldt C, Cheetham C, Gallagher M, Li D, et al. A Large, Population-Based Study of 2009 Pandemic Influenza A Virus Subtype H1N1 Infection Diagnosis During Pregnancy and Outcomes for Mothers and Neonates. The Journal of Infectious Diseases. 2012;206(8):1260-1268.
5. CDC. Flu & Pregnancy. <https://www.cdc.gov/flu/highrisk/pregnant.htm> Accessed March 3 2022
6. WHO. Meeting of the Strategic Advisory Group of Experts on immunization, April 2012 – conclusions and recommendations. https://apps.who.int/iris/bitstream/handle/10665/241920/WHO8721_201-216.PDF Accessed March 3 2022

*Increased risk of hospitalizations for respiratory illness during Influenza season for women in third trimester vs. the previous influenza season.