

## What can I do to protect myself, my baby and my family?

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

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Sneeze into your sleeve.
- Wash your hands often with soap and warm water.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with sick people.
- Have a plan to care for sick family members.
- Stock up on household, health, and emergency supplies like: water, Tylenol® and non-perishable foods, so you won't have to go out if you become ill.
- Get the H1N1 flu shot when it becomes available.



**Washing your hands often will help protect you from germs.**

### **Washing with soap and water:**

- Use warm water.
- Wash for 15 to 20 seconds.

### **Using alcohol-based gel hand cleaner:**

- Don't add water.
- Rub the gel on your hands until dry.

## What are the symptoms of H1N1?

Symptoms are like seasonal flu and include the following:

- Fever
- Cough
- Sore throat
- Body aches
- Headaches
- Chills and Fatigue
- Sometimes, diarrhea and vomiting



## What should I do if I get sick?

If there is H1N1 flu in your community, pay extra attention to your body and how you are feeling. If you get sick with flu-like symptoms, stay home, limit contact with others and call your doctor. Your doctor will decide if testing or treatment is needed. Tests may include a nasal swab which is best to do within the first 4-5 days of getting sick. Like regular flu, H1N1 flu may make other medical problems worse. If you are alone at any time, it is a good idea to have someone check in with you regularly, especially if

you are ill. If you have close contact with someone who has H1N1 flu or is being treated for exposure to H1N1 flu, contact your doctor to discuss whether you need treatment to reduce your chances of getting the flu.

## How is H1N1 flu treated?

Treat any fever right away. Tylenol® (acetaminophen) is the best treatment for fever in pregnancy. Drink plenty of fluids to replace those you lose when you are sick.

Your doctor will decide if you need antiviral drugs such as Tamiflu® (oseltamivir) or Relenza® (zanamivir). Antiviral drugs are prescription pills, liquids or inhalers that fight against the flu by keeping the germs from growing in your body. These medicines can make you feel better faster and make your symptoms milder. These medicines work best when started soon after symptoms begin (within 2 days, but they may also be given to very sick or high risk people (like pregnant women) even after 48 hours. Antiviral treatment is taken for 5 days. Tamiflu® and Relenza® are also used to prevent H1N1 flu and are taken for 10 days.

There is little information about the effect of antiviral drugs in pregnant women or their babies, but no serious side effects have been reported. If you do think you have had a side effect to antiviral drugs, call your doctor right away.

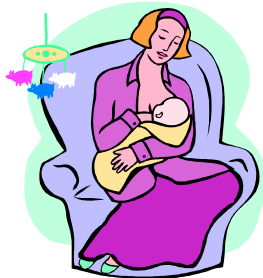
## When should I get emergency medical care?

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®

## How should I feed my baby?

Flu can be very serious in young babies. Babies who are breastfed do not get as sick and have milder symptoms 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?

Do not stop breastfeeding if you are ill. Limit formula feedings if you can. Be careful not to cough or sneeze in the baby's face and wash your hands often with soap and water. 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.

## 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.



Visit [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov) for more information.



## H1N1 Flu: A Guide for Pregnant Women



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