

## Flu Vaccine Update

### 2009 H1N1 Vaccine

The providers at West Ridge OBGYN are recommending **2009 H1N1 vaccine** for our pregnant patients. We have ordered the 2009 H1N1 flu vaccine and in the coming weeks, we will provide additional information on our website and in the office letting you know when it will be available.

For up to date 2009 H1N1 vaccine information you may refer to:

- ❖ CDC 2009 H1N1 Vaccination for Pregnant Women Q&A Website at [http://www.cdc.gov/h1n1flu/vaccination/pregnant\\_qa.htm](http://www.cdc.gov/h1n1flu/vaccination/pregnant_qa.htm)
- ❖ 2009 H1N1 Vaccine Fact Sheet at <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-inact-h1n1.pdf>

### Seasonal Flu Vaccine

We also continue to recommend the **seasonal flu vaccine now** for our pregnant patients. Unfortunately, we currently do not have any more seasonal flu vaccine. More vaccine has been ordered, but because of the uncertainty of our future supply of seasonal flu vaccine, we recommend you contact your primary care provider now for your **seasonal flu shot**, or refer to the Monroe County Health Department for a list of sites where you can obtain your vaccine.

- ❖ The Monroe County Health Dept link is <http://www.monroecounty.gov/health-flu> and the flu information number is 585-753-5600.

### Flu in Pregnancy

The normal changes of pregnancy make pregnant women at increased risk of the harmful effects of flu infection. West Ridge OBGYN providers take the health of our patients seriously. We want to do our best to protect our pregnant patients and their developing babies from the flu.

- ❖ Pregnant women are at increased risk for serious disease and even death from pandemic H1N1 influenza infection.
- ❖ Pregnant women, who have flu-like symptoms such as fever over 100°F, cough, and sore throat should contact us immediately so that we may consider flu medications that will make flu illness less severe. Fever should be treated with acetaminophen (Tylenol).
- ❖ Pregnant women with flu-like symptoms and difficulty breathing, chest pain, or breathing rapidly also need to contact us immediately.
- ❖ Pregnant women should also let us know if they have come in close contact with someone who has flu-like symptoms.
- ❖ We strongly recommend all pregnant women receive immunization for seasonal flu NOW and H1N1 flu as soon as this vaccine becomes available. The immunizations pregnant women receive are safe and provide flu protection for both themselves and their newborns.
- ❖ Pregnant women can protect themselves from the flu by washing their hands frequently, by encouraging their family to do the same, and by avoiding contact with sick people.

For more information on flu in pregnancy:

<http://www.wrog.org/files/Flu9-1-09.pdf>

<http://www.flu.gov/individualfamily/parents/pregnant5tips.html>