Flu during Pregnancy

Flu is a contagious infection that affects the nose, throat and lungs. It is transmitted person to person by droplets of saliva when sneezing, shaking the nose, coughing, talking and touching objects that contain the virus. Vaccination against flu is important to avoid infection.

What are the symptoms?

Flu symptoms often appear suddenly. These are some of the symptoms you may have:

- Fever
- Cough
- Throat pain
- Nasal mucus or stuffy nose
- Muscle aches
- Fatigue
- Some people may have vomiting and diarrhea. This is more common in children than in adults.

When should you seek emergency health care?

If you are pregnant and have any of these symptoms, call 9-1-1 immediately:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Persistent vomiting.
- High fever
- Decrease or absence of your baby's movement

Why it's important to get vaccinated?

Flu vaccine helps protect women and baby during and after pregnancy. If you are pregnant, the flu vaccine is the best option.

Pregnant women can get very sick from the flu virus, due to changes in the immune system (the body's natural defense system against infections). Flu virus in a pregnant woman can cause severe symptoms during pregnancy, such as premature delivery.

Why should you get vaccinated during pregnancy?

If you are vaccinated during pregnancy, your baby will be born with some antibodies against flu virus, this will protect him from this disease for several months.

Babies under six (6) months of age cannot be vaccinated, because of this, have a high risk of being hospitalize. To avoid infection, it's important that family members close to you and your baby get vaccinated against flu virus.

Why it's essential to get vaccinated?

Vaccination is essential to help prevent and control diseases such as flu. Flu vaccine protects against H3N2 Influenza A virus, an H1N1 virus and one or two Influenza B viruses, depending on the type of vaccine since there is the trivalent vaccine that protects against three strains and the tetravalent vaccine that protects against four.

It is important that people with high-risk diseases are vaccinated to reduce the probability of infection, since the virus can worsen their illnesses.

Prevention methods

- Hand washing is always recommended to prevent and control the spread of viruses and bacteria.
- Using antibacterial fluid helps control the spread of viruses and bacteria until you can perform hand washing. Antibacterial liquid must contain 60% or more of alcohol.

What treatments are there?

- Usually, people who test positive for flu virus, are prescribed antiviral medications such as pills, liquids, intravenous solution, or inhalation powder. These are different from antibiotics and are not sold without a prescription.
- Antiviral medications relieve symptoms and shorten the period of the disease.
- These medications can also prevent complications such as pneumonia.

Remember

- Flu is a contagious infection, that is transmitted person to person by droplets of saliva when sneezing, shaking the nose, coughing, talking and touching objects that contain the virus.

- If you are pregnant, it's recommended that you vaccinate against flu. Consult with your physician.
- If you experience flu symptoms seek medical attention immediately

Contact your Primary Physician

If you need more information or counseling about how you and your family can cope with physical and emotional concerns about flu, do not hesitate to contact your physician.

Important

If you need physical or behavioral emergency services, you can dial 9-1-1 or go to any emergency room.

If you have any symptoms that you understand requires immediate attention, before visiting an emergency room, you can call the Medical Advice Line toll-free at 1-844-347-7801, twenty-four (24) hours a day, seven (7) Days of the week. TTY/TDD users should call 1-844-347-7804. When you call the Medical Advice Line before visiting an emergency room, you will be exempt from paying the copayment for services received during your emergency room visit.

For additional information

Customer Service Department
1-844-347-7800
TTY/TDD 1-844-347-7805

Visit our website
www.firstmedicalvital.com

References

https://www.cdc.gov/flu/symptoms/symptoms.htm
https://www.cdc.gov/flu/highrisk/pregnant.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fflu%2Fprotect%2Fvaccine%2Fpregnant.htm
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