

-H1N1 Flu Alert-

ATTENTION: Pregnant Women

If you are **pregnant** and get **flu-like symptoms** such as fever with a cough and/or sore throat, contact your doctor.

Pregnancy increases the risk for serious complications associated with H1N1 flu. Anti-viral medication is most effective when used shortly after becoming ill.

Pregnant women are in a high risk category, and should receive the **H1N1 flu vaccine** as soon as it is available, along with seasonal flu vaccine.



H1N1 Flu Information : 1-888-9PANFLU

Additional Resources:

www.pandemicflu.alaska.gov

www.cdc.gov/H1N1

