



## Pregnant women with H1N1 face higher risk

**Get the vaccine.  
Be prepared.**

- ▶ Discuss with your health care provider the option of an advance prescription for antiviral medication.
- ▶ Have a thermometer at home to check for fever.
- ▶ If you get **mild flu symptoms**, fill and start your prescription, and call your health care provider for follow up.
- ▶ If you have **severe flu symptoms** or your symptoms worsen even after starting your prescription, go to Emergency immediately.

### Mild flu symptoms

- Fever
- Cough
- Sore throat
- Sore joints
- Sore muscles
- Fatigue

### Severe flu symptoms

- Shortness of breath
- Difficulty breathing
- Chest pain
- Bloody sputum (phlegm)
- Severe or persistent vomiting