

Guess  
who  
needs a  
flu shot?



**You  
do!**

If you are pregnant and catch the flu, it can lead to serious medical problems for both you and your baby.

Get a flu shot. The protection you get from a flu shot may also be passed to your baby.

Check with your doctor or nurse today about where to get your preservative-free flu shot. If you go to a pharmacy, you may need a note from your doctor.

**Protect  
yourself.**

**Protect  
your baby.**

**Get your  
flu shot.**



**Have questions?**

Visit [www.GetImmunizedCA.org](http://www.GetImmunizedCA.org) or  
call the Centers for Disease Control and Prevention  
Hotline: 1-800-CDC-INFO (1-800-232-4636)

California Department of Public Health, Immunization Branch, 850 Marina Bay Parkway, Richmond CA, 94804



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