

Questions to Ask Your Doctor

Should I get a flu shot if I am pregnant or nursing my baby?

Do my children need a flu shot?

Can I nurse my baby if I am sick?

How can I tell the difference between a cold and the flu?



guide to

Flu Protection



Four Important Ways To Protect Your Family

1

A flu vaccine is the best single protection. The Centers for Disease Control recommends that children ages six months to 19 years, pregnant and nursing women get a flu vaccine annually.

2

Remind your kids about covering coughs and sneezes and about washing their hands often for as long as it takes them to sing the Happy Birthday song twice.

3

If any flu-like symptoms occur, ask your doctor about prescribing an anti-viral drug that can reduce symptoms and shorten the time of illness. Check with your child's school and your office about sick day policies.

4

Stay away from sick people; carefully consider travel plans; and stay current on health threats in your area.

Especially For Pregnant And Nursing Women

- Nursing moms can choose between the flu shot and nasal-spray vaccine. But only the flu shot, and not the nasal-spray vaccine, is approved for administering during pregnancy.
- If you are sick, ask someone else to give your baby your expressed milk in a bottle. Breast milk contains antibodies to help babies fight diseases.

Cold Or Flu?

The flu and common cold are respiratory illnesses and have similar symptoms but are caused by different viruses. In general, flu symptoms are more intense. People with colds are more likely to have just a runny or stuffy nose. Colds generally do not lead to pneumonia, bacterial infections, hospitalizations or other serious complications.

FACT OR FICTION?

Babies who are sick should be encouraged to nurse often.

Fact. Babies need more fluids when they are sick, and the fluid babies get from breast milk is better than anything else.

The swine flu (officially H1N1) is more dangerous than other types of flu.

Fiction. Symptoms are similar to those of other seasonal flu. The reason the World Health Organization raised its alert level is because of the spread of the disease (into more than 70 countries) and not the severity.

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CNN medical correspondent Dr. Sanjay Gupta and CNN anchor Robin Meade host the show.

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