

pregnant women:

Know what to do about the **flu**



- **Cover your cough** or sneeze every time with a tissue or your sleeve.



- **Wash your hands** often and well with soap and water or use hand sanitizer.



- **Stay home** if you're sick, for at least 24 hours after fever is gone. Plan ahead for staying home.

Get vaccinated to protect your baby and family — together we can help keep illness from spreading!

To learn more, go to flu.gov,
healthvermont.gov or dial 2-1-1

 **VERMONT**
DEPARTMENT OF HEALTH