## Protect pregnant women from influenza



- Influenza in pregnancy could be associated with adverse outcomes.
- Pregnant women should take precautions to prevent contracting influenza.
  - Avoid close contact with the sick
  - **o** Avoid crowded places
  - Wash hands after touching surfaces that could be contaminated
  - Use a handkerchief / tissue when sneezing and coughing
- If a pregnant woman develops following features;
  - o Fever
  - o Cough/runny nose
  - Headache
  - $\circ \ \ \text{Muscle pain}$
  - Diarrhea/vomiting etc

Consult a qualified medical practitioner as soon as possible.



