

Mayo Clinic Minute

Why pregnant women need a flu shot

Video	Audio
Vivien Williams	During flu season, the Centers for Disease Control and Prevention recommends all people over 6 months be vaccinated against the influenza virus. That includes pregnant women.
Tina Ardon, M.D. (47:25) Family Medicine Mayo Clinic	“Yeah, pregnant women definitely should get the influenza vaccine.”
Vivien Williams	Dr. Tina Ardon says pregnant women are more likely to get severe symptoms and are at higher risk of hospitalization than nonpregnant women. But some pregnant women worry that the flu vaccine is dangerous for them or their baby. Dr. Ardon says it’s safe and essential.
Tina Ardon, M.D. (49:09)	“Influenza is definitely a priority if you’re pregnant during flu season. I know how important that is.”
Vivien Williams	The flu shot protects your unborn baby because high fevers early on in the pregnancy increase the risk of fetal birth defects.
Vivien Williams	Dr. Ardon recommends the flu shot – not the mist – for pregnant women. Unlike the flu shot, the flu mist contains weakened live virus. So protect yourself and your baby from influenza by getting a flu shot.
	For the Mayo Clinic News Network, I’m Vivien Williams.