

Mayo Clinic Minute: Protecting pregnant women against flu

VIDEO	AUDIO
	Flu symptoms can feel terrible. For some, having the flu can be devastating.
	"We want pregnant women to protect themselves as much as they can. But one of the ways we do that is by protecting the community."
	Pregnant women are more likely to develop flu complications, especially in the second and third trimesters. And flu infection also increases the risk of fetal birth defects.
Thomas Howell Jr., M.D. OB-GYN Mayo Clinic	"If you have a pregnant person in your house, your family, your immediate sphere of activity and influence, should you get a flu shot? Absolutely. Are you doing it just for you? Absolutely not."
	Their health depends on the health of others during this flu season.
	"Your ability to not get as sick or not have as much exposure is important for everybody."
	The flu vaccine takes about two weeks to take effect. And it's essential to use other safety measures. Wash your hands often, practice good health habits and stay home when sick.
	And if you are wondering who should get a flu shot this season ...
	"... everybody who's eligible to get a flu shot should get a flu shot."
	For the Mayo Clinic News Network, I'm Jason Howland.