

Links for more Information on H1N1 and Pregnancy

www.cdc.gov/h1n1flu/pregnancy/

www.H1N1fluinfo@kdheks.gov

Toll free phone line: 1- 877- 427- 7317

www.flu.gov

www.hhs.gov

[www.pandemicflu.gov/faq/
swineflu/](http://www.pandemicflu.gov/faq/swineflu/)

[www.cdc.gov/h1n1flu/
vaccination/statelocal/
planning.htm](http://www.cdc.gov/h1n1flu/vaccination/statelocal/planning.htm)

[www.upmc.com/HealthAtoZ/
patienteducation/Documents/
Swineflupregnancy.pdf](http://www.upmc.com/HealthAtoZ/patienteducation/Documents/Swineflupregnancy.pdf)

Bureau of Family Health



*To protect the health and environment of all Kansans
by promoting responsible choices.*

KDHE

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*Through education, direct services and the
assessment of data and trends, coupled with policy
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health and quality of life. We prevent illness, injuries
and foster a safe and sustainable environment for the
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Kansas Department of
Health & Environment

H1N1 and Pregnancy: FAQs



Frequently Asked Questions about H1N1 and Pregnancy

Does a pregnant woman have a greater chance of contracting the H1N1 virus?

Research from previous pandemics and seasonal flu shows that a pregnant woman is more likely to get more severely ill than other people.

What can I do to avoid getting sick?

You can follow these suggestions:

- Avoid crowded settings in communities having outbreaks of the flu.
- Wash hands frequently with soap and water, or alcohol-based hand sanitizers if water is unavailable.
- Minimize close contact with sick individuals.
- Obtain the H1N1 vaccine when it is available.

What are the symptoms of H1N1?

The symptoms include the following: fever, cough, sore throat, body aches, chills, fatigue, and sometimes diarrhea and vomiting.



If a pregnant woman has flu like symptoms what should she do?

If you are sick you should immediately go to your doctor. The doctor will decide if testing or treatment is necessary. Cover your coughs and sneezes with a tissue, or use your sleeve if tissues are unavailable.

How is H1N1 treated?

It is treated with the antiviral drugs such as oseltamivir and zanamivir. These work best when taken within the first 48 hours from the start of symptoms. If you have a fever you should take acetaminophen to reduce it. High fever has been associated with some fetal defects. As with any flu, drink plenty of water and get plenty of rest.

If a mother contracts H1N1 are there any effects to the unborn baby?

The unborn baby is not affected by the virus. However, the virus can make the mother very sick which may in turn cause the baby problems.

Is it ok to take antiviral medication while pregnant?

Yes. It is OK to take antiviral medication while pregnant. No side effects have been reported in pregnant women who have used the drugs.

Breastfeeding

Is it ok to keep breastfeeding if a woman contracts H1N1?

Keep breastfeeding the baby. Breast milk passes on antibodies from the mother to the baby, which helps fight infection.

Be careful not to cough or sneeze on the baby's face. You should wash your hands often.

Your doctor might recommend that you wear a mask as added protection for your baby.



If you become too sick to breastfeed you may consider pumping your milk and have someone else feed the baby the expressed milk.

Is it ok to breastfeed while taking antiviral medications?

Yes. A mother can continue to breastfeed while being treated for the flu.

Is there a vaccine for H1N1?

Yes. Pregnant women are encouraged to receive the shot to protect against H1N1.