

Pregnant women determined to be top priority for H1N1 vaccine

Based on its analysis of current situation, The CDC's Advisory Committee on Immunization Practices has recommended prioritizing the following population segments to receive the novel H1N1 flu vaccine, when it is made available this fall:

- ▶ Pregnant women;
- ▶ Caregivers for children younger than 6 months of age;
- ▶ Health care and emergency medical services personnel;
- ▶ Children and young adults from 6 months through 24 years old; and
- ▶ Persons aged 25 through 64 years who have underlying health conditions that might increase their risk for flu-related complications.

Other population segments will be able to receive the vaccine, as it is made available.

The CDC prioritized pregnant women because severe illness associated with novel H1N1 flu has been reported among pregnant women and infants. These problems may include early labor or severe pneumonia. To help avoid catching novel H1N1 Flu, it is important for pregnant women to take the same preventive actions recommended for the general population. Additionally, the CDC recommends early treatment with anti-viral medications for pregnant women with suspected influenza illness. Treatment should begin as soon as possible and not be delayed while awaiting results of laboratory testing. If you do develop flu-like symptoms, be sure to treat any fever right away. Acetaminophen (e.g., Tylenol) is the best treatment of fever in pregnancy.

Pregnant women who are close contacts of people with suspected or confirmed novel influenza A H1N1 virus should be considered for treatment even before symptoms develop. It is important, therefore, to contact your doctor, who can help decide whether testing or treatment is needed.



Emergency evaluation should be obtained if you develop any of the following:

- ▶ Trouble breathing, shortness of breath or rapid breathing
- ▶ Chest pain or pressure
- ▶ Stomach pain
- ▶ Sudden dizziness
- ▶ Confusion
- ▶ Severe or frequent vomiting
- ▶ Seizures
- ▶ Decreased or no movement of your baby
- ▶ A higher fever that is not responding to acetaminophen (Tylenol)

For updated information about coverage and administration of both the seasonal and H1N1 flu vaccines, please visit:

http://www.uhc.com/news_room/swine_flu_advisory.htm