

# What You Should Know About the H1N1 Virus (Swine Flu) if You are Pregnant or Have an Infant at Home



If you are pregnant and experiencing flu-like symptoms, tell your doctor.

You can reduce your risk of being exposed to the H1N1 virus and other respiratory infections by taking the following steps:

- Wash your hands frequently.
- Minimize your contact with sick individuals.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Have ill persons cover coughs.
- Whenever possible, avoid crowded settings in communities where there are known outbreaks of the H1N1 virus.
- Have a plan to care for sick family members.

If you are sick and have an infant at home, there are several things to consider. They are:

- Continue to feed your baby breast milk because infants who are not breastfed are more vulnerable to infection and hospitalization for severe respiratory illness.
- Use a breast pump and have a healthy family member feed your baby.
- Wash your hands frequently and cover your cough or sneeze. This is important, especially if you don't have someone to help take care of your baby while you are sick.
- If you have flu-like symptoms, use a facemask when providing care and feeding your baby.



There are other things you can do to protect your baby from the spread of germs, like the H1N1 virus, that cause respiratory illnesses:

- Wash your hands often and cover your cough and sneeze.
- Keep your baby away from people who are ill and out of crowded areas.
- Limit sharing of toys and other items that have been in infants' mouths. Wash items thoroughly with soap and water.