

# The H1N1 flu vaccine protects you and keeps you healthy



- The Ministry of Health recommends that you get a single shot of this vaccine to protect you from the H1N1 flu. You can get it at any time during your pregnancy at your health center.
- This shot is effective and safe for you. It has been used in millions of people around the world.
- Your arm may feel sore for 1 or 2 days. Tell your nurse or doctor if you notice other problems.

**Tell your family about how they can protect themselves from flu.**

## **COVER**

Cough or Sneeze into the crook of your elbow.



## **CLEAN**

Wash your hands often.

