

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.

