

Links for more Information on H1N1 and Pregnancy

www.cdc.gov/h1n1flu/pregnancy/

www.cdc.gov/h1n1flu/guidance/pregnant.htm

www.kdheks.gov/H1N1/index.htm

www.flu.gov

www.hhs.gov

www.pandemicflu.gov/faq/swineflu/

www.cdc.gov/h1n1flu/vaccination/statelocal/planning.htm

www.upmc.com/HealthAtoZ/patienteducation/Documents/Swineflupregnancy.pdf



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

KDHE

As the state's environmental protection and public health agency, KDHE promotes responsible choices to protect the health and environment for all Kansans.

Through education, direct services and the assessment of data and trends, coupled with policy development and enforcement, KDHE will improve health and quality of life. We prevent illness, injuries and foster a safe and sustainable environment for the people of Kansas.

Bureau of Family Health Children & Families Section

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 sick than other people.

What can I do to avoid getting sick?

You can follow these suggestions:

- Avoid crowds because of possible contact with an infected individual.
- Wash hands with soap and warm water. An alcohol-based hand gel is also good to use.
- Avoid contact with sick people
- Avoid touching your eyes, nose, or mouth. This is how germs are spread to you from contaminated hands.
- Cover nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve

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.

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 baby could be affected by the high fever which is associated with the flu. This is why it is necessary to take acetaminophen to reduce fever.

Is it ok to take antiviral medication while pregnant?

Yes. It is ok to take antiviral medication while pregnant. There is little information about the effect of antiviral drugs and babies. No side effects have been reported in the pregnant women who have used the drug.

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 breast feed

you should pump your milk and have someone else feed the baby the expressed milk.

Is it ok to breast feed while taking antiviral medications?

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

Is there a vaccine for H1N1?

The vaccine is scheduled to be available mid-October 2009. Pregnant women are encouraged to receive the vaccine.