Pregnant this flu season?

Doctors recommend that you get a *flu shot.*

Flu risks increase with pregnancy, so stay healthy this season.

Get vaccinated. Stop the flu.

Call your doctor, nurse or clinic today!

Protect yourself and your baby.

Get Your FLU Vaccine!

text4baby

Text BABY to 511411

WithinReach

WithinReach Family Health Hotline
1-800-322-2588 (711 TTY relay)
or **www.ParentHelp123.org**

For more information talk to you doctor, nurse or visit www.doh.wa.gov/flu

Washington State Department of Health

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