# Will you be PREGNANT this flu season?

## Doctors recommend that you get a FLU SHOT.

**Being pregnant increases your risk of getting very sick from the flu. Stay healthy during your pregnancy. Get vaccinated.**

**Call your doctor, nurse, or clinic today!**

Protect yourself. Protect your loved ones.

*Get Your Flu Vaccine!*

Department of Health and Human Services

Centers for Disease Control and Prevention

Washington State Department of Health

**For more information talk to your doctor, nurse or visit www.doh.wa.gov/cfh/immunize/flu_updates.htm.**

**For help finding an immunization clinic, call**

Family Health Hotline 1.800.322.2588 711 (tty relay) • withinreachwa.org a program of WithinReach

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Washington State Department of Health

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