



**McHenry County
Department of Health**

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FOR IMMEDIATE RELEASE

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Vaccination protects moms-to-be from the flu

WOODSTOCK IL – Women have always known the importance of taking steps to stay healthy during their pregnancy. McHenry County Department of Health (MCDH) reminds residents that during the flu season, it is equally important for pregnant women to protect themselves and their unborn babies from getting the flu. Health care workers play a major role in educating expectant moms on the risk of flu and the protection that vaccination will provide. MCDH makes it easy to get a flu shot with its online appointment system (www.mcdh.info) or by calling 815-334-4510. Flu clinics are available during October in Crystal Lake, McHenry and Woodstock.

According to the Centers for Disease Control and Prevention (CDC), in 2009, pregnant women accounted for 5% of H1N1 flu-related deaths and 7% of flu-related hospitalizations, despite representing only 1% of the U.S. population. While flu can make anyone sick (including healthy people), pregnant women are at greater risk for serious complications from the flu, as are young children, older people and individuals with chronic illnesses such as heart disease, diabetes and COPD. The flu vaccine can be given at any time during pregnancy. The vaccine is also safe for women who plan to breastfeed and who are currently breastfeeding.

Don't wait to get a flu shot. Flu seasons are unpredictable and can be severe. For more information on how to protect yourself and your family from the flu, visit www.mcdh.info or call 815-334-4510.

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“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”