

Information for Pregnant and Breastfeeding Mothers

Pregnant Mothers

H1N1 Influenza is a new virus that has symptoms similar to seasonal flu, but can quickly develop into breathing problems. H1N1 Influenza is spreading easily from person to person globally.

Symptoms

Pregnant women are at no higher risk of getting H1N1 flu than anyone else.

Pregnant women in their second and third trimester and women within four weeks postpartum are at higher risk of developing complications from the H1N1 flu. Pregnant women should discuss influenza with their health care providers.

It is not known whether the virus is transferred to the baby through the placenta.

If you are pregnant and have the following symptoms, see a health care professional immediately or call Telehealth at 1-866-797-0000.

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue



Protect you and your baby's health

Wash your hands well and often with warm water and soap. Use hand gels (60-90% alcohol base) if soap and water is not nearby.

Disinfect common surfaces.

Stay away from sick people as much as possible.

Make sure those around you cough and sneeze in their sleeves, not their hands.

Do not go to a gathering of people if there are lots of people who are sick.

If you think you have symptoms of influenza, see your healthcare provider as soon as possible.

For more information

Pregnant women and Novel Influenza A (H1N1) virus
www.cdc.gov/h1n1flu/clinician_pregnant.htm

Pregnancy and the H1N1 virus www.phac-aspc.gc.ca/alert-alerte/swine-porcine/pregnancy-grossesse-eng.php

Breastfeeding Mothers

Your breastmilk is your baby's best defence against the H1N1 virus. H1N1 influenza is in our community. While symptoms of H1N1 are similar to seasonal influenza, the H1N1 virus is spreading easily throughout the world.

Facts about breast milk

Breastmilk contains Lactoferrin, a protein that kills bacteria and works as an anti-viral. Many other parts of breast milk act as a defense against illness.

Babies who are not breastfeeding are at higher risk of getting H1N1.

If you are sick

Keep breast feeding. Try to breast feed more often. If you cannot breastfeed but can still pump, keep pumping breast milk for the baby.

Drink plenty of fluids.

Rest. It is very important.

The medications used to fight the H1N1 virus are safe to be taken while breast feeding.

We do not know yet if H1N1 flu virus is passed to the baby through breast milk. We do know that seasonal influenza is rarely transmitted.

If your baby has H1N1

Keep breast feeding your baby. If your baby has vomiting or diarrhea or you have any concerns, call your health care provider or call Telehealth at 1-866-797-0000.

For more information

Swine Flu and Breastfeeding
<http://neonatal.ama.ttuhscc.edu/lact/>

H1N1 virus and feeding your baby
www.cdc.gov/h1n1flu/infantfeeding.htm



More Info

North Bay Parry Sound District Health Unit

Phone: North Bay (705) 474-1400
Parry Sound (705) 746-5801
Burk's Falls (800) 563-2808

Toll Free: 1-800-563-2808

Website: www.healthunit.biz

