PROTECT YOUR BABY ...
GET A FLU SHOT

The flu is **easier to get and can be more severe** while you're pregnant. And during COVID-19, it's more important than ever to help protect yourself and your baby.

Getting a flu shot cuts your risk of catching the flu nearly in half. It also protects your baby from the virus **while in the womb** AND for up to six months after birth.

Getting your flu shot while pregnant is **safe** AND has **added benefits** for your baby's growth!

Don't let the flu find you. Find your nearest provider or pharmacy today and get the protection you and your baby need.

Please call the AmeriHealth Caritas District of Columbia Community Outreach Solutions team at 202-216-2318.
They can help you find where to get a flu shot!

AmeriHealth Caritas District of Columbia

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WE ARE WASHINGTON DC — GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR