Protect pregnant women from influenza

- Influenza in pregnancy could be associated with adverse outcomes.
- Pregnant women should take precautions to prevent contracting influenza.
  - Avoid close contact with the sick
  - Avoid crowded places
  - Wash hands after touching surfaces that could be contaminated
  - Use a handkerchief / tissue when sneezing and coughing

- If a pregnant woman develops following features;
  - Fever
  - Cough/runny nose
  - Headache
  - Muscle pain
  - Diarrhea/vomiting etc
  Consult a qualified medical practitioner as soon as possible.