



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!

English: If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español: Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

አማርኛ: ኢንግሊዘኛን መናገር እና/ወይም ማንበብ የማይችሉ ከሆነ፣ እባክዎ በ **1-800-408-7511 (TTY 1-800-570-1190)** ይደውሉ፤ በቀን 24 ሰዓታት፣ በሳምንት ሰባት ቀናት ይገኛል። ተወካይ ይረዳዎታል።

Tiếng Việt: Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

