# pregnant women

are at **risk** for serious **complications** from flu

- Severe illness
- Hospitalization
- Pneumonia

**Vaccination can protect both pregnant mothers and their babies from flu and flu-related complications.**

## Get vaccinated this year.

### Here's when and where to get your free flu vaccine:

Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Adapted from materials provided by the CDC