

MANAGING COLD AND FLU DURING PREGNANCY

WHAT TO DO WHEN YOU GET SICK?

Did you know many symptoms are part of the natural healing process? When your body has an infection or virus, your immune system gets to work right away. A mild fever is your body's natural response to fighting a virus and coughing helps clear your breathing passages of thick mucus

For MILD cold and flu symptoms, consider natural remedies before using an over-the-counter medicine. Always check with your provider before using any medication.



SYMPTOM MANAGEMENT

- **Food & Drinks:** Eat and drink foods and drinks rich in vitamin C.
- **Eat more:** Raw and fresh oranges, pineapple, kiwi, grapefruit juice, and garlic, citrus juice, honey, chili peppers, mustard, and horseradish
- **Drink lots of water:** 12 cups (96 ounces), about 5-6 standard water bottles (16 ounces) is excellent!
- **Rest!** Cuddle up with blankets, keeping your body warm to help battle the viruses.
- **For sore throats:** Gargle with warm salt water 2-3 times/day. Hot lemon and honey drinks.
- **Steamy shower:** Warm showers loosen up mucus and relieves stuffy noses. Adding a few drops of eucalyptus oil to the floor of the shower aids further in loosening congestion
- **Hot or cold packs:** Use them around your congested sinuses and for pain relief
- **Over-the-counter pills:** Check with your medical team before taking any pills for coughing, aches, or sinus congestion. Taking a decongestant during pregnancy is NOT recommended

SALINE RINSES FOR STUFFY NOSE

- Mix 3 teaspoons of salt (no iodine) and 1 teaspoon of baking soda in a clean container. Add 1 teaspoon of this mixture to 8 ounces of lukewarm distilled or boiled water
- Fill a nasal rinse device with the solution. Tilt your head over a sink or in the shower, squeeze the solution into one nostril, and breathe through your mouth. Repeat on the other side
- Make sure to tilt your head so the solution doesn't go down your throat or into your ears
- Gently blow your nose to get rid of any leftover solution, then continue with your usual nasal medications

FLU & COVID VACCINES

Vaccines are safe during pregnancy and help reduce the risks of getting very sick.

CALL YOUR DOCTOR RIGHT AWAY IF YOU NOTICE ANY OF THE FOLLOWING:

- A fever higher than 101°F or longer than 48 hours or chills
- Dizziness or fainting
- Blurred vision or spots before your eyes
- Strong or long-lasting headaches
- Difficulty breathing or shortness of breath

LEARN MORE

- **American Academy of Allergy, Asthma & Immunology.** Saline Sinus Rinse Recipe: bit.ly/4iRv7dP
- **American College of Obstetricians and Gynecologists.** Influenza in Pregnancy: Prevention and Treatment: bit.ly/4iWp5sc
- **March of Dimes.** Influenza (Flu) and Pregnancy: bit.ly/49XyqvT
- **Cleveland Clinic.** Flu While Pregnant: cle.clinic/3VZhTSp