



COUNTY OF SAN LUIS OBISPO HEALTH AGENCY  
PUBLIC HEALTH DEPARTMENT  
**PROVIDER HEALTH ADVISORY**

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## **Flu Shot Recommended during Prenatal Care Ahead of Flu Season**

Prenatal care providers are encouraged to recommend influenza vaccine to pregnant and recently pregnant patients, and to provide vaccine when possible. Pregnant and recently pregnant people are at increased risk for severe illness from viruses like influenza. Illness could require hospitalization, intensive care unit (ICU) admission, pre-term birth or other complications that could be prevented with vaccination.

In addition, prenatal care providers are encouraged to recommend and answer questions about COVID-19 vaccines and boosters, and to support patients in getting vaccinated in community settings.

[CDC recommendations for prenatal care providers](#) include:

### **Present Vaccination as a Standard Part of Obstetric Care**

- Provide each of your patients with information and resources about maternal vaccines when you meet at the first prenatal visit, and mention the timeframe for each vaccine.
- Ensure your staff deliver consistent messages about the importance of maternal vaccinations (including nurses, front office, manager, etc.).
- Normalize vaccination as a part of patients' pregnancy care.
  - "When you come back for your next visit, it'll be time for your Glucose Challenge Screening Test and your whooping cough vaccine."
  - "Flu season is just starting and that means it's time for your flu vaccine. I'll have the nurse bring it in."

### **Provide a Strong Recommendation**

- State clearly to the patient that you would like them to get vaccinated. CDC's research indicated that some pregnant people did not feel their ob-gyns or midwives strongly recommended vaccines.
  - "I recommend Tdap and flu vaccines for you and all of my pregnant patients, because I believe vaccines are the best way to help protect you and your baby against whooping cough and the flu."

### **Share additional information as needed**

- See [www.cdc.gov/vaccines/pregnancy/hcp-toolkit/talking-to-pregnant-patients.html](http://www.cdc.gov/vaccines/pregnancy/hcp-toolkit/talking-to-pregnant-patients.html) for specific tips and scripts.

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#### **Public Health Department**

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[www.slopublichealth.org](http://www.slopublichealth.org)

If you would like to provide influenza vaccine or COVID-19 vaccine at your practice and do not currently do so, please contact us for information and support in getting started. If you are unable to administer influenza or COVID-19 vaccines, you may refer patients to local pharmacies (via [VaccineFinder.org](https://www.vaccinefinder.org) or [MyTurn.ca.gov](https://myturn.ca.gov)) or Public Health (at 805-781-5500).

## Resources

Resources are available to help providers prepare for conversation about vaccines:

- [Influenza \(Flu\) Vaccine and Pregnancy](#) (CDC)
- [Seasonal Influenza Vaccination Resources for Health Professionals](#) (CDC)
- [Vaccines and Pregnancy: 8 Things You Need to Know](#) (CDC)
- [COVID-19 Vaccines and Pregnancy: Conversation Guide](#) (The American College of Obstetricians and Gynecologists)

Additionally, posters and take-home educational materials about pregnancy and vaccines (including influenza and COVID-19) are available from SLO County Public Health by request. Review and order materials at <https://bit.ly/PregnancyVaccineResources>.