**Why should I get the flu shot if I'm pregnant?**

- Changes in the immune system, heart, and lungs during pregnancy make pregnant people more prone to severe illness from the flu.
- Reduces risk of hospitalization due to the flu by an average of 40%.
- Vaccines have safely protected millions of pregnant people and their developing babies.
- Creates antibodies to pass along protection to babies for the first several months after birth.
- Lowers risks of pregnancy complications like preterm labor/birth.
- Vaccination can reduce the risk of flu-associated acute respiratory infection by about 50%.

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