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Jamie L. Bond, MD
Shikha Goel, DO
Richard. D. Rubin, MD
Christina T. Thomas, MD
Vlassis Travias, MD
Kimberly Capello, CNM
Joanna Couvillon, CNM
Angela Jones, CNM
Morgan King, CNM
Katelyn Richer, CNM
Alexandra Sasha Weigel, CNM
HaiDang Heidi Kelly, WHNP
Rebecca Smith, DNP
Holly West, FNP-C

FLU SHOT ADVISORY

"How NOT to Catch What's Going Around"

This practice agrees with the recommendation by the Centers for Disease Control that obstetric patients receive the INJECTABLE flu vaccine, in any trimester of pregnancy. The nasal spray flu vaccine is NOT given in pregnancy, as it contains a live virus, whereas the injectable vaccine contains a deactivated virus.

If you are pregnant, please ask the COG staff or physicians about receiving the flu vaccine at your next prenatal appointment. You may also contact your primary care provider, or call your local Department of Public Health for advice about availability and scheduling.

There are steps you can take to minimize your risk of contracting the flu:

1. Maintain good general health through good nutrition, sensible exercise, and adequate rest, drink plenty of fluids, and take your vitamins.

2. Avoid spending extended periods of time in crowded public areas, such as movie theatres or airplanes, where people re-breathe the same air supply.

3. Be aware that most viral infections are spread by hands. The flu virus lives in the respiratory tracts of infected persons, who also have the virus on their hands due to eating, drinking, eye-rubbing or nose-blowing. Be aware of where your hands have been – doorknobs, faucets, banisters, shared phones, computer keyboards, and pens can all harbor the flu virus. Avoid sharing communal foods, especially during the holiday season, when people bring goodies to work. Wash your hands before touching your own eyes, nose, or mouth, or eating and drinking. Use paper towels to turn off faucets and open bathroom doors on the way out. Carry Purell or other hand sanitizers, and use them several times a day, and when hand washing facilities are unavailable.