

# Protect yourself and your baby from flu...

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- A close-up photograph of a pregnant woman's belly, showing her hands resting on her abdomen. The image is partially obscured by the text on the right.
- The seasonal flu vaccination is available to all pregnant women from October onwards
  - Pregnant women are at an increased risk of severe disease and admission to hospital if they catch the flu
    - Vaccination during pregnancy can protect your baby after birth
    - The vaccine is safe for you and your baby anytime during pregnancy

**Ask your GP or  
Midwife for more  
information**

## **What are the risks for my baby and I if I catch flu?**

Women who are pregnant are not more likely to catch flu, but they are more likely to have serious complications from flu. For example, pregnant women are more likely to develop serious illness or to be admitted to hospital than if they weren't pregnant.

## **Is the vaccination safe for use in pregnancy?**

The flu vaccination does not contain a live flu virus, so it will not give you flu. There is no evidence of health risks from vaccinating pregnant women. The flu vaccination has been given to pregnant women in many countries for several years and has been shown to be safe in all stages of pregnancy for both mothers and their babies.

## **When should I be vaccinated?**

The vaccine will be available in early October, so if you are pregnant it is important to be vaccinated as soon as it is available at your GP surgery. If you become pregnant later on in the flu season, you should still be vaccinated as soon as you can.

## **Where can I get the vaccine?**

It is available from your GP surgery, so make sure you make an appointment to have the vaccination as soon as you can.