

Flu Protection for you and your baby

NHS

How to stay safe - It's as easy as 1, 2, 3

1

Ask about the vaccine. The flu vaccine is a FREE injection you can get when you're pregnant.

2

Say YES to having the vaccine. You can get the flu vaccine safely anytime during your pregnancy but it's best to get it as soon as the flu vaccination programme starts in Autumn.

3

Keep you and your baby safe. Being pregnant can put you at risk of being seriously ill if you get flu. Getting the vaccine helps keep you and your baby safe and also helps protect your baby for the first few months after they are born.

With credit and thanks to
South Tees Hospitals
NHS Foundation Trust and
Public Health South Tees

**HERE
TO
HELP**

Join the many other pregnant
mothers across the North East
and North Cumbria who have
already kept their baby safe
with the FREE Flu vaccine.



The flu vaccine is important for you and your baby.

IT PROTECTS

It stops serious illness - helping keep you from getting seriously unwell from illnesses such as pneumonia, especially as your baby grows.

It keeps your baby safe – by lowering the risk of your baby being born too early or with low weight.

It protects your baby – making it less likely that you'll pass flu onto your newborn.

IT'S SAFE

It's ok anytime - you can get the flu vaccine safely at any time while you are pregnant.

It helps your baby too - the vaccine gives your baby protection that lasts for the first few months after they are born.

It's safe for breastfeeding - if you're breastfeeding and need the flu vaccine, it's safe to get it.

IT'S IMPORTANT

Pregnancy changes things - when you're pregnant, your body doesn't fight infections like flu as well, making you and your baby more at risk.

Best time for the vaccine - the best time to get the flu vaccine is in the autumn, before the flu season starts, but it's still good to get it later if you miss that time.

It works with other vaccines - you can get the flu vaccine at the same time as the whooping cough vaccine, but don't wait for both if you can get the flu vaccine earlier.

Speak to your midwife about all vaccinations recommended during pregnancy or visit:



HERE

TO

HELP