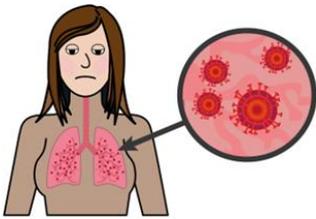




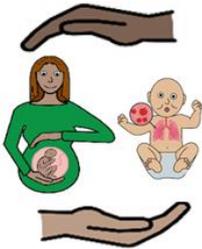
Flu Vaccine in Pregnancy

flu



Flu is a **virus** that can make people who are **pregnant** and **newborn babies very poorly**.

protection



The Flu vaccine can help to **stop you getting very poorly** if you catch flu. It can also give **some protection to your new baby** when they are born.

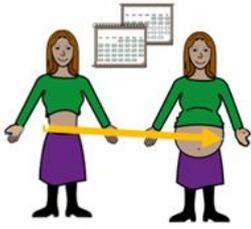
symptoms



Symptoms of Flu include:

- Finding it hard to breathe
- Aching body
- Headache
- A cough
- A temperature above 38 degrees Celsius

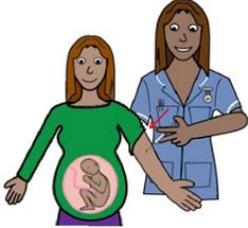
During pregnancy



The flu vaccine can be given at any time during your pregnancy.

It is **recommended** every **pregnant** woman should have the flu vaccine in **every pregnancy**.

injection



The flu vaccine is given as an injection into the arm.

The flu vaccine is usually available from September each year.

possible side effects



Side effects from the injection are usually **not serious**.

Sometimes you can get a **lump** or **pain** where the injection was given, feel a little hot or ache a bit.

Not everyone gets side effects.

safe



The flu vaccine is **safe**.

free of charge



The flu vaccine is **free**.

phone your GP



It is **important to be protected** from serious disease.

Ask your GP or Midwife about the vaccine and book an appointment.