

FLU VACCINE AND PREGNANCY.



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What is the flu?

- Flu is a very infectious disease with symptoms such as fever, chills, aches and pains in the joints and muscles, headaches and extreme tiredness
 - The most common time of year to get the flu is in the winter months
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The flu is more serious in pregnancy – for mother and baby

- When you are pregnant, your immune system is weaker so it's harder to fight an infection
 - Getting the flu while pregnant can also be serious for your baby. It could cause your baby to:
 - be born early
 - have a low birthweight
 - and may even lead to stillbirth or death
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How do I protect myself and my baby from the flu?

Get the flu vaccine – this will reduce the chance of you getting the flu.

Is the flu vaccine safe for pregnant women and new mums?

- It is safe to have the flu vaccine during any stage of pregnancy and as a new mum
- It is also safe for women who are breastfeeding to have the vaccine

Can the vaccine give you flu?

No - the flu virus in the vaccine has been inactivated and cannot give you the flu. Some people may develop a mild fever and have a sore arm for a few days.

Do I need to get the flu jab every year?

Yes, you must get it every year.

The viruses that cause flu change yearly. This means that the vaccine is a little different every year.

Can you catch flu and Covid-19 at the same time?

Yes - catching both illnesses at the same time could be very serious for you and your baby. This is another reason why it is important to get the flu vaccine.

Can I have the flu jab at the same time as the whooping cough vaccine?

Yes – it is up to you. You can have them at the same time or separately.

Does the vaccine contain gelatine?

The vaccine for adults does not contain pork gelatine.

For further information about the flu vaccine, talk to your GP or maternity care provider.

www.newham.gov.uk/flu

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