The best defence against flu is this year’s vaccine.
“Show flu who’s boss.”

Flu vaccination. The facts.

• Every year in Scotland, a number of pregnant women will get flu, some of whom will require hospitalisation and intensive care treatment.

• Getting the flu vaccine can help protect you and your developing baby against flu.

• It contains no live viruses, so it can’t give you flu.

• It’s safe for your baby, and for you, at any stage of your pregnancy.

• Pregnant women are more at risk of flu-related complications and need extra protection.

The vaccine is the best defence against flu.

• It takes around 10 days to work, so the sooner you get it the better.

• The flu vaccine can continue to protect your baby for at least three months after birth.

• You should have the vaccine every year and every time you are pregnant.

• It’s quick, safe and free in Scotland if you’re pregnant.
Why fight flu?

Pregnant women are particularly at risk because your immune system is weakened. This means flu can have more of an impact, putting you and your developing baby at risk of complications such as stillbirth, low birth weight and early labour.

Flu is much more than a bad cold. Even healthy people with flu can feel very unwell. In the most serious cases, flu can bring on other complications, which can result in death.

Pregnancy vaccination checklist

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>When to have it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu</td>
<td>During flu season (October to March) at any time during your pregnancy</td>
</tr>
<tr>
<td>Whooping cough</td>
<td>From week 16 of each pregnancy</td>
</tr>
<tr>
<td>MMR dose 1*</td>
<td>After your baby is born</td>
</tr>
<tr>
<td>MMR dose 2*</td>
<td>Four weeks after first dose (as above)</td>
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</tbody>
</table>

*If no previous immunisation
Get the vaccine in your corner.

The flu vaccine is available during flu season (October to March). It takes around 10 days to work, so the sooner you get it the better.

It only takes a few minutes to get immunised and can help to protect you and your baby from flu.

⚠️ Don’t risk it.

The Royal College of Midwives recommends that all pregnant women should have the flu vaccine, even if you’ve had it before, or if this isn’t your first baby.

Contact your GP practice today to make an appointment.

For more information about the flu vaccine:

 ImmutableList\[immunisationscotland.org.uk/flupregnancy\]

 ImmutableList\[NHS inform 0800 22 44 88\]