Flu. I’m ready for you.

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

Flu immunisation. The facts.

• Every year in Scotland, a number of pregnant women will get flu. Some of these women will need to go into hospital and have intensive care treatment.

• 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 at greater 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 help protect your baby for at least three months after birth.

• You should have the vaccine every time you’re pregnant.

• It’s quick, safe and free in Scotland if you’re pregnant.
Why fight flu?
If you’re pregnant, you’re at risk because your immune system is weakened. Flu can hit you harder, putting you and your developing baby at risk of serious complications such as stillbirth, low birth weight and early labour.

Flu is much more than a bad cold. It’s a highly infectious disease with symptoms that come on very quickly. In the most serious cases, flu can bring on other complications, which means people may need to go into hospital, or could even die.

Vaccines to help protect you and your unborn baby

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>When to have it</th>
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</thead>
<tbody>
<tr>
<td>Flu</td>
<td>During flu season (October to March) at any time during your pregnancy</td>
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<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>
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<tr>
<td>MMR dose 2*</td>
<td>Four weeks after first dose (as above)</td>
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*If no previous immunisation
Be ready for flu.

The flu vaccine is available from 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 it can help to protect you and your baby from flu.

⚠️ Don’t risk it.

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

Speak to your midwife or contact your GP practice today to make an appointment.

For more information:

immunisationscotland.org.uk/flupregnancy

NHS inform 0800 22 44 88

This resource may also be made available on request in the following formats:

0131 314 5300

nhs.healthscotland-alternativeformats@nhs.net