

Flu

# Pregnant?

## Fact:

You and your unborn baby are more at risk from flu.

2019 edition

Trust the facts.  
**Get the vaccine.**

[www.flufacts.scot](http://www.flufacts.scot)



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## **Flu facts.**

- Every year in Scotland, a number of pregnant women will get influenza (flu). Some of these women will need to go into hospital and have intensive care treatment.
- Pregnant women are at greater risk of serious flu-related complications such as early labour, low birth weight and stillbirth and need extra protection.
- The flu vaccine can help protect you and your developing baby against flu.
- It contains no live viruses, so it can't give you or your baby flu.
- It's safe for your baby, and for you, at any stage of your pregnancy.

## **The vaccine is the best defence against flu.**

- The flu vaccine can help protect your baby for at least three months after birth.
- The flu virus and vaccine change each year, so the Royal College of Midwives recommends that all pregnant women have the flu vaccine every time they're pregnant.
- It's quick, safe and free in Scotland if you're pregnant.
- It takes around 10 days to work, so the sooner you get it the better.

# Vaccines help protect you and your unborn baby.

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

\*For yourself, if you have had no previous MMR immunisation.

If you're pregnant, you're at risk because your immune system is weaker than normal. Flu can hit you harder, putting you and your developing baby at risk of serious complications.

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. Pregnant women with a health condition such as diabetes or asthma are particularly vulnerable.

# Trust the facts. Get the vaccine.

The flu vaccine is available from October to March. The sooner you get it the better, and you can get it at any stage of your pregnancy.

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

**Speak to your midwife to find out local arrangements for your flu vaccine.**

**For more information:**



**[www.nhsinform.scot/flu](http://www.nhsinform.scot/flu)**



**NHS inform 0800 22 44 88**

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



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Arabic متاح باللغة العربية