

pregnant during the winter the flu vaccine should still be available and you can have it at any stage of pregnancy.

Will I be completely protected by the vaccination?

By having the vaccination you will be significantly reducing your risk of getting flu but no vaccine offers 100% protection. By reducing your risk you will also be reducing the risks during your pregnancy and for your baby once they are born. Because the flu virus can change from year to year there is always a risk that the vaccine does not match the circulating virus. During the last ten years the vaccine has generally been a good match for the circulating strains although last year it was less so.

Where can I get more information?

Speak to your GP, midwife or pharmacist or visit the pregnancy and flu pages on the NHS Choices website at: www.nhs.uk/Conditions/pregnancy-and-baby/Pages/flu-jab-vaccine-pregnant.aspx

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3079112 1p 100k July 2015 (ESP)
Produced by Williams Lea for Public Health England