

FLU

Flu.
I'm Ready
For You.



**Pregnant
women**

The best defence against flu is this year's vaccine.



**healthier
scotland**
SCOTTISH GOVERNMENT

“Show flu who’s boss.”

Flu vaccination. **The facts.**

1. Getting the flu vaccine can help to stop you catching the virus – protecting your developing baby and you.
2. It’s safe for your baby, and for you, at any stage of your pregnancy.
3. It contains no live viruses, so it can’t give you flu.
4. Evidence shows that the flu vaccine can continue to protect your baby for at least three months after birth. So you’ll get extra peace of mind during the first crucial stage of your baby’s life.

Why should you fight flu?

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

When you’re pregnant, your immune system is weakened. This means flu can have more of an impact, putting your developing baby and you at risk.



The best defence against flu.

- The vaccine takes around 10 days to work, so the sooner you get it, the better.
- The vaccine helps to protect your baby and you against this year's flu. Even if you've had a flu vaccine in the past, you need to get protected again this year because the virus changes constantly and your immunity reduces over time.
- If you've been pregnant before, remember that a healthy flu-free pregnancy last time is no guarantee that you won't catch flu this time. To make sure you get the maximum protection, you need to get the vaccine again.
- The vaccine contains no live viruses so it can't give you flu, but it can help stop you catching it.
- It's quick, safe and free in Scotland if you're pregnant.

Get the vaccine in your corner.

The flu vaccine is available from October to March. The earlier you get it, the less likely it is that you will get flu. Simply contact your GP practice to make an appointment.

It only takes a few minutes to get immunised and can help keep you and your baby in the best possible health over the winter.

Why risk it?

The Royal College of Midwives and Scotland's Chief Medical and Chief Nursing Officers recommend that all pregnant women should have the flu vaccine, even if you've had it before, or if this isn't your first baby. After all, there's enough to be thinking about when you're pregnant without worrying about catching flu.

Contact your GP practice today to make an appointment.

 **immunisationscotland.org.uk/flupregnancy**

 **NHS inform 0800 22 44 88**

To order additional copies email
nhs.healthscotland-flu@nhs.net

This resource is available in Urdu, Chinese and Polish, and in an Easy Read format. NHS Health Scotland is happy to consider requests for other languages and formats.

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