

PREGNANT?




PROTECT YOURSELF AND YOUR BABY FROM FLU



Pregnancy puts extra stress on your body, which can increase your risk of becoming very ill with flu.

Between 2009 and 2012, **36 pregnant women died from flu** in the UK.

If you have flu while you are pregnant it could mean your baby is born **early** or has a **low birth weight**. Flu could even lead to your baby being stillborn or dying in the first week of life.

-  **Flu vaccines are generally available from the end of September.**
-  **Flu vaccines are safe during all stages of pregnancy, and are free for pregnant women.**
-  **Flu vaccines will also protect your baby for up to six months after he or she is born.**

You can have your flu vaccine at the **same time** as the whooping cough vaccine **but don't delay having** your flu vaccine simply so you can have both at the same time.

Talk to your midwife or GP surgery to find out where you can get the flu vaccine.

You can find more information at **www.beatflu.org**



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