

# WE ARE VACCINATING.

# WE ARE NEWHAM.



## Flu vaccine and pregnancy

People at the Heart  
of Everything We Do

## **What is the flu?**

- Flu is a very infectious disease with symptoms such as fever, chills, aches and pains in the joints and muscles, headaches and extreme tiredness
  - The most common time of year to get the flu is in the winter months
- 

## **The flu is more serious in pregnancy – for mother and baby**

- When you are pregnant, your immune system is weaker so it's harder to fight an infection
  - Getting the flu while pregnant can also be serious for your baby. It could cause your baby to:
    - be born early
    - have a low birthweight
    - and may even lead to stillbirth or death
- 

## **How do I protect myself and my baby from the flu?**

Get the flu vaccine – this will reduce the chance of you getting the flu.

---

## **Is the flu vaccine safe for pregnant women and new mums?**

- It is safe to have the flu vaccine during any stage of pregnancy and as a new mum
- It is also safe for women who are breastfeeding to have the vaccine

### **Can the vaccine give you flu?**

No - the flu virus in the vaccine has been inactivated and cannot give you the flu. Some people may develop a mild fever and have a sore arm for a few days.

---

### **Do I need to get the flu jab every year?**

Yes, you must get it every year.

The viruses that cause flu change yearly. This means that the vaccine is a little different every year.

---

### **Can you catch flu and Covid-19 at the same time?**

Yes - catching both illnesses at the same time could be very serious for you and your baby. This is another reason why it is important to get the flu vaccine.

---

### **Can I have the flu jab at the same time as the whooping cough vaccine?**

Yes – it is up to you. You can have them at the same time or separately.

---

### **Does the vaccine contain gelatine?**

The vaccine for adults does not contain pork gelatine.

For further information about the flu vaccine, talk to your GP or maternity care provider.

[www.newham.gov.uk/flu](http://www.newham.gov.uk/flu)

For more information, speak to your midwife, health visitor or doctor.