

STAY WELL THIS WINTER

HELP US
HELP YOU

If you are pregnant, you
need a flu jab to help protect
you and your baby.

SHN

Protect yourself and your baby

You can get vaccinated at any point during your pregnancy. You should have the flu vaccine even if you feel fit and healthy.

So don't put it off - ask your GP, pharmacist or midwife about the free flu jab today. It's free because you need it.

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Catching flu in pregnancy can lead to increased risks for you and your baby. The flu jab is the best way to protect you both.

Pregnancy naturally weakens the body's immune system and as a result flu can cause serious complications such as pneumonia, septic shock (a severe and life-threatening infection of the whole body), meningitis and encephalitis (inflammation of the brain). Vaccination against flu reduces these risks.

nhs.uk/flu vaccine