

# Flu Protect You Two



For further information please contact:

- Your midwife or GP
- Public health: Denise Winter 01305 361180
- The Department of Health website (DH)
- The Health Protection Agency website (HPA)

[www.http://goo.gl/xF19s](http://goo.gl/xF19s)

**NHS**

## **Why are pregnant women being advised to have the flu vaccination?**

The Department of health are recommending that pregnant women are vaccinated because their immune system is lowered due to pregnancy.

The flu vaccination offers protection to both mum and baby.

## **What problems could the flu virus cause?**

The flu virus is generally a mild illness however it can be the cause of more serious illness such as pneumonia, bronchitis, cardiac problems, encephalitis which is swelling of the brain.

Because of the lowered immune response when pregnant these illnesses can be fatal, to date 13 woman have died in the UK because of contracting the flu virus (HPA, H1N1 2012)

## **Will the flu vaccination harm the baby?**

NO, there is evidence to say that the flu vaccination offers protection to the baby. There have been no adverse reactions or deaths reported because of the flu vaccination to date.

In fact the evidence shows that there is improved health in babies whose mother has been vaccinated. The flu vaccination offers three months protection against flu and longer if baby is breast feeding.

## **For further reading please see:**

[www.http://goo.gl/xF19s](http://goo.gl/xF19s)

## **For further information please contact:**

- Your midwife or GP
- Public health: Denise Winter 01305 361180
- The Department of Health website (DH)
- The Health Protection Agency website (HPA)

