

Protect Two from the Flu

The flu vaccine protects you and your baby.

The flu vaccine is a safe, effective way to protect you and your baby from the flu when you are pregnant. It's safe to get anytime during pregnancy, and it can protect your baby up to six months after birth. If you do not get the flu vaccine you are at risk for getting the flu.

Getting the flu while you are pregnant doesn't just make you feel miserable, it also puts your baby at risk. Even worse, if you do get the flu during pregnancy, you may not be able to take certain medications to relieve your symptoms, because they might put your baby at risk, too.

If you are like many women, you may have questions about getting the flu vaccine when you are pregnant. We've collected some of the most common questions women ask, along with answers backed by some of the latest medical research.



Questions and Answers about Pregnancy & Flu Prevention.

How do I keep from getting the flu?

Getting a flu vaccine when you are pregnant is the best way to protect both you and your baby from the flu. Other additional preventive measures are washing your hands and keeping away from persons who are infected with the flu.

Why do I need to have a flu vaccine?

Getting the flu can cause serious problems when you are pregnant. Pregnant women who get the flu are at higher risk of hospitalization, even death, than women who are not pregnant. Severe illness in a pregnant woman can also be dangerous to her unborn baby because it increases the chance for serious problems, such as premature labor and delivery.

How does the flu vaccine protect me and my baby against the flu?

When you get your flu vaccine, the vaccine encourages your body to start to make antibodies that help protect you against the flu. Antibodies can be passed on to your unborn baby, and help protect the baby for up to 6 months after he or she is born. This is important since babies cannot get the flu vaccine until they are 6 months old.

Is it safe to get the flu vaccine while I am pregnant? Can it hurt my baby?

Flu vaccines have been given for more than 50 years and have a very good safety track record. The vaccines are made the same way each year and their safety is closely monitored by the Centers

for Disease Control and Prevention, and the Food and Drug Administration. Millions of flu vaccines have been given to pregnant women over many years. Vaccines have not been shown to cause harm to pregnant women or their unborn babies.

When is it safe to get the flu vaccine while pregnant? First trimester, second trimester or last trimester?

You can get the flu vaccine at any time, during any trimester, while you are pregnant.

Will it be safe to breastfeed my baby if I get the flu vaccine?

Yes. You can breastfeed your baby if you have received the flu vaccine. Antibodies may also be passed in breast milk and will help protect your baby from the flu.

Can I get sick from the flu vaccine?

After getting your flu vaccine, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the vaccine was given. Sometimes, you may experience headache, muscle aches, low-grade fever, nausea, or tiredness.

Where can I get the flu vaccine?

Talk to your health care provider about getting the flu vaccine. Flu vaccines are offered in various locations, such as your health care provider's office, local pharmacies, and local health clinics.



Stay strong and healthy
for your baby.

Ask your health care provider
about the flu vaccine and how
you can get yours.

For more information,
visit Protect2.org,
or call 1-800-252-9152