

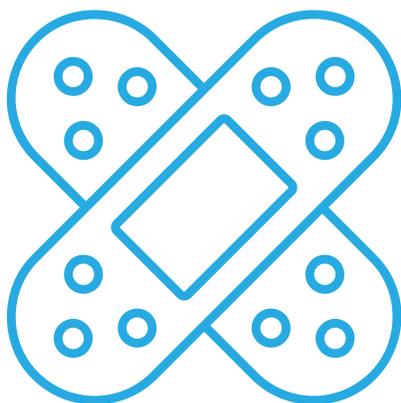
FLU SEASON 2021-22

FLU VACCINATION DURING PREGNANCY

Getting vaccinated while pregnant protects you **AND** your baby!

Influenza (flu) can be a very dangerous illness, especially for pregnant people and young children.

The changes in immune, heart and lung function during pregnancy make you more likely to get seriously ill from the flu. If you get the flu while pregnant, it also increases your chance for complications, such as premature labor and delivery, and birth defects.



Getting a flu shot during pregnancy is a simple thing you can do to help protect yourself and your baby.

When you get a flu shot, your body makes antibodies that are passed to your baby, which help protect them during their first few months of life, before they are able to start getting their own yearly flu vaccination.

The flu vaccine is safe for both you and your baby, and can be received during any trimester.

Flu shots have safely been given to millions of people, including pregnant people, over many years. Numerous studies show that the flu vaccine is safe and effective. Pregnancy experts strongly recommend that all pregnant people get a flu shot.

vaccinateyourfamily.org/current-flu-season

