

**Influenza.**  
Don't get it.  
Don't give it.

**AVOID**

**FLU**

**DURING**

**PREGNANCY**

- Influenza can be highly dangerous for mothers and their unborn babies
- The influenza vaccine has been used for many years in pregnant women with no safety concerns
- Immunisation could save your baby's life

**Get immunised.**  
**It's FREE<sup>†</sup> for you.**

Ask your Lead Maternity Carer for a brochure on how the influenza vaccine can help protect you and your baby.

<sup>†</sup> usually early March to 31 December each year.

FOR MORE INFORMATION:  
[FIGHTFLU.CO.NZ](http://FIGHTFLU.CO.NZ)  
0800 466 863



# AVOID FLU DURING PREGNANCY

**Influenza.**  
Don't get it.  
Don't give it.

Influenza can be very dangerous for pregnant mums and their unborn babies.

## Danger to Mum

- Changes to your immunity means you are more vulnerable to influenza-related complications such as pneumonia
- You are nearly 5 times more likely to be admitted to hospital for influenza related problems\*

## Danger to Baby

Influenza during pregnancy increases the risks of:

- Premature birth
- Low birth weight
- Miscarriage/stillbirth
- Birth defects

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\* compared to a non-pregnant woman. † usually early March to 31 December each year.

The influenza vaccine is a prescription medicine. Talk to your doctor or nurse about the benefits and possible risks or call 0800 IMMUNE, TAPS PP9132, IMAC1711.