What is Influenza?
- Commonly known as the “flu” it is a highly contagious and potentially deadly disease caused by the influenza virus that is spread by coughing and sneezing.
- Symptoms include high fever, sore throat, cough, headache, muscle aches and pains.

Why should pregnant women have the Influenza Vaccine?
- Pregnant women are more at risk of serious illness due to influenza compared to non-pregnant women.
- For women, influenza infection during pregnancy can lead to serious illness such as pneumonia.
- Influenza infection during pregnancy can also lead to premature delivery and even miscarriage or stillbirth.
- Pregnant women are more likely to be hospitalised than non-pregnant women due to influenza infection.
- Influenza vaccine is the best way to protect pregnant women and their babies from influenza and prevent possible influenza-associated pregnancy complications.
- Babies less than six months of age are the most likely to be hospitalised with influenza infection.
- Influenza vaccination in pregnancy also provides protection for the baby during the first six months of life before they are able to be vaccinated.

Is the Influenza Vaccine Safe in Pregnancy?
- Yes. It is very safe. There is no evidence that the vaccine is unsafe for mother or baby.
- Influenza vaccine is safe during any stage of pregnancy.
- Side effects from vaccines are no more common in pregnant women than in non-pregnant women.
- Vaccines, like any medication may have side effects that are usually short-lasting and rarely require treatment or medical attention.
- Common side effects of influenza vaccines include:
  - One in ten people have pain, redness, swelling or hardness at the vaccine site.
  - Fever, tiredness, body aches can occur but are less common.

How do you get the Influenza vaccine?
- It is recommended to have the Influenza vaccination early in the season regardless of trimester, however, it can be received at any time during pregnancy.
- All pregnant women are eligible to receive a Free influenza vaccine.
- The vaccine is available at Monash Immunisation:
  Located at Private suite i Jessie MacPherson, Level 2, 246 Clayton Rd, Clayton
  Phone: 9594 6320

  Opening Hours: 8:30am to 4:00pm - Monday to Friday.

  No appointment necessary

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