

# INFLUENZA VACCINATION IN PREGNANCY

## 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**

*Updated January 2019*