

# Why are pregnant women advised to have the flu vaccine?



The flu jab will help protect both you and your baby.

Taking the flu vaccine while pregnant also passes some protection on to your baby, which lasts for the first few months of their lives.

It's safe to have the flu vaccine during any stage of pregnancy, from the first few weeks up to your expected due date.

**Now more than ever - get your free flu jab! Contact your, Pharmacy, Ante-natal Clinic or GP to get your vaccine. Pregnant Asylum Seekers contact your GP.**

For more info on the benefits and risks of having a flu vaccine during pregnancy visit:  
<https://www.nhs.uk/conditions/pregnancy-and-baby/flu-jab-vaccine-pregnant/>

**NHS**

Brent  
Clinical Commissioning Group

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