

## Can I get my flu vaccine at the same time as other immunisations?

Yes, you can. Ask your vaccinator to check what other vaccines you are due for. If you are in your second or third trimester you can have your free whooping cough vaccine at the same time, but don't delay getting your flu vaccine. Having all your immunisations on time provides the best possible protection for you and your unborn baby.

## Where can I get my FREE flu vaccine?

You can get your free flu vaccine at your health-care provider. Many pharmacies also offer the flu vaccine.

To book your vaccine visit **BookMyVaccine.nz** or call the Vaccination Healthline on **0800 28 29 26**.



For more information about getting immunised against Flu

- talk to your doctor, nurse, or healthcare provider
- call Healthline on **0800 611 116**
- visit [info.health.nz/pregnancy](https://www.health.govt.nz/info.health.nz/pregnancy)



# Flu

Protecting you and your pēpi starts during pregnancy

If you're pregnant, get your **FREE** flu vaccine

**Te Aka Whai Ora**  
Māori Health Authority

**Health New Zealand**  
Te Whatu Ora

If you get the flu during pregnancy, you're more likely than other adults to have serious complications.

Getting the flu vaccine gives you the best possible protection against flu. It can help reduce your risk of getting the flu, having serious complications, and needing treatment in hospital.

## **What's the flu (influenza)?**

The flu isn't just a common cold. It can be serious and make some people very sick. If you get the flu when you're hapū (pregnant) it's a risk to your life and your unborn baby. Pregnant people who get the flu have higher rates of early birth, miscarriage, stillbirth and lower birth weight.

Newborns and young infants are more likely to end up in hospital with the flu than older children, so the protection they receive from you in the womb could make all the difference.

## **How can I protect myself and my unborn baby from the flu?**

Getting the flu vaccine will help protect you from catching the flu. Flu vaccination is free if you're hapū. Although having the vaccination doesn't guarantee you won't catch the flu, it will give you and your baby more protection if you do catch it. You can't catch the flu from the vaccine – the vaccine used in New Zealand doesn't contain any live flu virus.

## **Is the flu vaccine safe for my unborn baby?**

The flu vaccine has been used by pregnant people for many years and has an excellent safety rating. There's no increased risk of side effects from the flu vaccine if you're pregnant or for your unborn baby.

## **What side effects might I get after the flu vaccination?**

Having side effects after your flu vaccination is a sign that your body's immune system is working well. After your immunisation you might experience pain, itching, redness at the vaccination site, aches and pains, fever and feeling generally unwell and tired. Most side effects shouldn't last long.