

Pregnancy is a great time to be healthy



Smoke And
Alcohol Free



Mental Wellbeing
Matters



Immunise



Lie On
Your Side



Eat
Healthy



Te Whatu Ora
Health New Zealand

Free Flu Vaccine

Protect baby and you from the flu

Get your FREE influenza vaccine from
your doctor (GP) or pharmacy.

EVERY pregnancy
ANYTIME from April to December

LMC Name

LMC Phone

For healthy pregnancy advice visit www.pregnancysmile.nz

Protecting baby starts in pregnancy

Influenza (Flu) – is a virus that spreads quickly from person to person, causing fever, chills, and general aches. For most people it is painful and it can take a few weeks to recover.

- Pregnant women have a higher risk of getting serious complications from flu, such as pneumonia and breathing difficulties, needing admission to hospital.
- **Immunisation** is your best defence against flu and is recommended in EVERY pregnancy to protect you and your baby from serious effects of flu. The flu vaccine can help stop you catching the flu and also helps pass immunity on to your baby.
- The vaccine is available from April to December each year, at your local doctor or pharmacy.
- It is best if you get the vaccine early in the flu season to give you the best protection.
- Immunisation is **safe at any stage** of your pregnancy.
- You should have a flu vaccine each time you are pregnant.

Protect yourself and your baby from the flu—vaccinate!