

Avoid **FLU** during pregnancy

Flu can be very dangerous for pregnant mums and their unborn babies

Danger to mum

- Changes to your immunity mean you are more likely to have flu complications, such as pneumonia
- You are much more likely to be admitted to hospital for flu-related problems

Danger to baby

Flu during pregnancy increases the risks of:

- Premature birth
- Low birth weight
- Miscarriage/stillbirth
- Birth defects

Get immunised
It's safe. It's FREE!

Talk to your midwife or GP for more information or to book a vaccination appointment

www.lets-get.com

