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.

What is an Immunisation?
- Immunisation protects children and adults from harmful infections.
- Immunisation builds up an immune response in the body to fight specific infections such as Influenza, Hepatitis B; Pertussis (whooping cough); Measles, Mumps and Rubella.
- Vaccines contain a part of the virus or bacteria and other additives such as preservatives or components to build a better immune response.

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.
- Catching the flu whilst you are pregnant can lead to serious illness such as pneumonia and can cause miscarriage or premature labour.
- Pregnant women are more likely to be hospitalised than non-pregnant women due to the flu.
- The influenza vaccination will protect the mother and baby from the risk of serious illness and hospitalisation.

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.
- It is safe during any stage of pregnancy.
- There is no evidence that the vaccine causes any ill effects in either the mother or baby.
- The vaccine also provides protection for the baby during the first six months of life before they are able to be vaccinated.

How do you get the Influenza vaccine?
- All pregnant women are eligible to receive a Free flu vaccine.
- Vaccination is recommended early in the flu season around March but can be received at any time.
- The vaccine is available at Monash Immunisation: Private suite I Jessie MacPherson, Level 2.
  Phone: 9594 6320
  Opening Hours: 8:30 am to 4 pm: Monday to Friday.
  No appointment necessary

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