

Is Influenza vaccine safe during pregnancy?

Influenza vaccine is recommended and proven to be safe at any stage of pregnancy. Millions of doses of vaccines have been given to pregnant women over many years. Ask your doctor about the best time for vaccination.

After getting vaccinated against Influenza, some mild side effects can be soreness, tenderness, redness and/or swelling where the vaccine was given.

Talk to your Doctor Now**TAKE A STAND
AGAINST INFLUENZA**

If you are Pregnant, you are recommended to get vaccinated against Influenza, to protect Yourself and Your baby.

Services

- Pre Conception Counseling
- Infertility Workup
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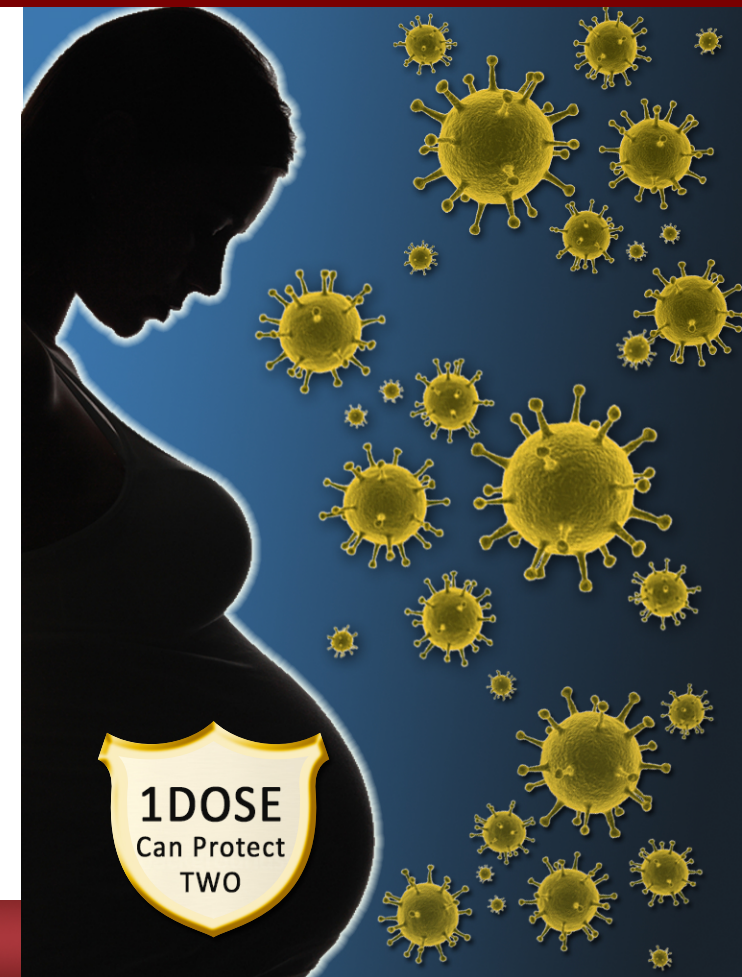
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**Make Your Pregnancy Safer****Care IVF**

WHAT IS INFLUENZA? WHO IS AT RISK?

Influenza, commonly known as flu, is a highly contagious viral disease which spreads easily by coughing, sneezing and talking.

Complications of disease can be serious; this is why it is critical to recognize the symptoms of illness:



- Fever /chills
- Dry cough
- Sore throat
- Headache
- Body aches
- Runny or stuffy nose
- Fatigue and weakness
- Vomiting/diarrhea

Anyone can get influenza, but some people in high-risk groups are more susceptible to get sick and prone to severe complications such as pneumonia:

- Pregnant women
- Young children
- Elderly individuals
- People with existing health conditions such as asthmas, diabetes, heart problems etc.

If you are pregnant, a Flu Shot:

- Is safe and can be taken any time during the pregnancy
- Can help protect against premature Labor and delivery

“One Dose Protects Two”



1 single dose of the Influenza Vaccine during pregnancy protects

- ◆ You
- ◆ Your Baby, before and after birth (0-6 months)



Did you Know?

After getting vaccinated, the body starts making antibodies that help protect against influenza. Antibodies can be passed on during pregnancy and help protect the infant for up to 6 months after birth, that is till the time the baby is eligible for influenza vaccination.

"Flu is more like to cause severe illness in pregnant women than in women who are not pregnant. Changes in Immune system, Heart and lungs make pregnant women more susceptible."

How can Influenza affect pregnancy?

Even in a healthy pregnant women, changes in immune system, heart, and lung functions during the course of pregnancy make her more likely to get seriously ill from influenza.

Pregnant women who get influenza are at higher risk of complications and of hospitalization, than non-pregnant women.

Severe illness in the pregnant women can also be dangerous to her foetus: it increases the chance for serious problems such as abortion, premature labour, emergency delivery and low birth weight.

What are the ways to prevent Influenza?

Vaccination is the best and most important step. Take everyday preventive actions like:



1 CLEAN

Washing your hands often



2 COVER

Covering your mouth



3 CONTAIN

Avoiding close contact with sick people

