



Public Health  
England

**NHS**

# If you're pregnant, you need a flu jab now

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Flu can cause serious complications for you and your baby – you could both get seriously ill.

The flu jab is the safest way to help protect you and your baby.

So don't put it off. Ask your GP, pharmacist or midwife about the free flu jab today.

It's free because you need it, however many months pregnant you are and however fit and healthy you might feel.

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**STAYWELL  
THISWINTER**

Flu mmunisation

[nhs.uk/staywell](https://nhs.uk/staywell)

