



Public Health
England

NHS

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

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.

**STAYWELL
THISWINTER**

Flu mmunisation

nhs.uk/staywell

