

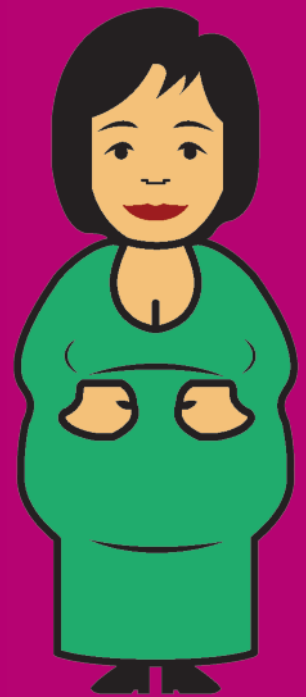
# Pregnant?

The flu vaccination could be the best way to protect you and your baby from flu.

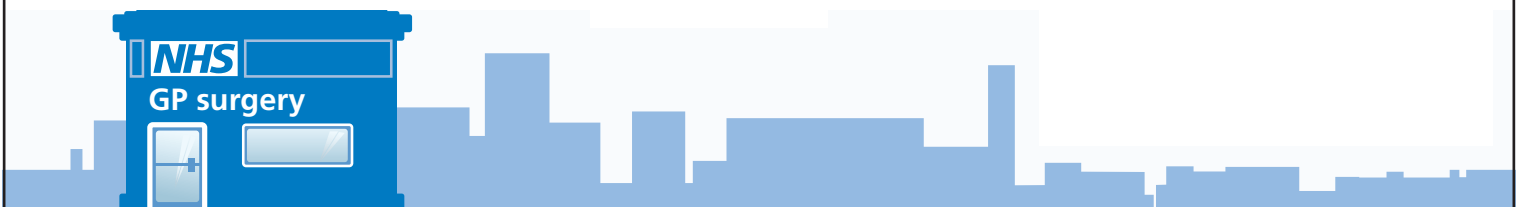
It will not give you flu but helps to stop you getting it.

Pregnant woman are more at risk of serious complications from flu. This is because your body and immune system are adapting to accommodate your growing baby so are less able to fight off the flu virus.

Contact your GP surgery for your **FREE** flu vaccination



For more information: [www.nhs.uk](http://www.nhs.uk)



**Flu** - Protect yourself and others