



# Influenza and Pregnancy FAQ



## I'm pregnant. Why should I get the flu shot?

Pregnant people who get the flu are generally more likely to experience illness that requires hospitalization than people who are not pregnant.

Getting vaccinated while pregnant can also help prevent your baby from the flu after birth!

## Is it safe for me and my unborn baby to get a flu shot?

Yes; the safety of flu shot during pregnancy has been consistently demonstrated by numerous clinical trials, observational studies, and data from safety reporting systems.

The American College of Obstetricians and Gynecologists (ACOG) recommends that pregnant people get the flu shot as soon as it is available.

## Can the flu shot make me have a miscarriage?

Multiple studies have shown that people who have received flu shots during pregnancy have **not had a higher risk of miscarriage**.

The Advisory Committee on Immunization Practices (ACIP) recommend flu shots during any trimester of pregnancy.

## When should I get the flu shot if I'm pregnant?

September and October are generally good times to be vaccinated every year.

People who are in their 3rd trimester during those months can consider getting vaccinated earlier (July or August).

## Can a breastfeeding person get the flu vaccine?

Yes! People who get the flu vaccine while pregnant or breast/chestfeeding develop antibodies against the flu that they can share with their babies through their milk.

