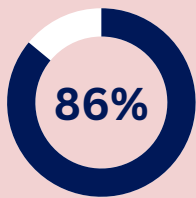
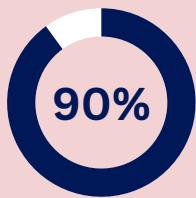


Risks and Benefits of the Flu Vaccine in Pregnancy

Babies whose mothers* were vaccinated against the flu during pregnancy were:

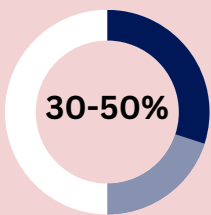


86% less likely to catch the flu during the first **two months** of life.¹



90% less likely to be hospitalized with the flu in the first **six months** of life.²

Mothers who were vaccinated against the flu during pregnancy were:



30-50% less likely to catch the flu than mothers who were not vaccinated.³⁻⁴

Of women* who were vaccinated against the flu in pregnancy:



About **3 in 100** experienced **redness or soreness** at the injection site.⁵



About **4 in 100** experienced a **headache**.⁵



About **2 in 100** experienced a **fever of 38.5 C or less**.⁵



About **1.5 in 100** had a reaction **serious enough** to visit a doctor.⁵

References

¹ Nunes, M. C., Cutland, C. L., Jones, S., Hugo, A., Madimabe, R., Simoes, E. A., ... & Maternal Flu Trial Team. (2016). Duration of infant protection against influenza illness conferred by maternal immunization: secondary analysis of a randomized clinical trial. *JAMA pediatrics*, 170(9), 840-847.

² Benowitz, I., Esposito, D. B., Gracey, K. D., Shapiro, E. D., & Vázquez, M. (2010). Influenza vaccine given to pregnant women reduces hospitalization due to influenza in their infants. *Clinical Infectious Diseases*, 51(12), 1355-1361.

³ Steinhoff, M. C., Katz, J., Englund, J. A., Khatry, S. K., Shrestha, L., Kuypers, J., ... & Tielsch, J. M. (2017). Year-round influenza immunisation during pregnancy in Nepal: a phase 4, randomised, placebo-controlled trial. *The Lancet infectious diseases*, 17(9), 981-989.

⁴ Madhi, S. A., Cutland, C. L., Kuwanda, L., Weinberg, A., Hugo, A., Jones, S., ... & Nunes, M. C. (2014). Influenza vaccination of pregnant women and protection of their infants. *New England Journal of Medicine*, 371(10), 918-931.

⁵ Regan, A. K., Tracey, L. E., Blyth, C. C., Richmond, P. C., & Effler, P. V. (2016). A prospective cohort study assessing the reactogenicity of pertussis and influenza vaccines administered during pregnancy. *Vaccine*, 34(20), 2299-2304.

**Please note: VIP Canada recognizes the diverse gender identities of pregnant individuals and acknowledges that many pregnant people do not identify with traditional gendered terms like 'woman' or 'mother.' We are committed to honouring and uplifting the diverse experiences of all pregnant individuals, and we strive to use gender-neutral language in our printed and digital materials. In some instances, we may use the term 'woman' or 'mother' when describing or referencing external research studies to remain consistent with the language used by the study investigators.*