



Toolkit for GPs and Pharmacists Flu Vaccine for Pregnant Women



Flu vaccine for pregnant women

The Quadrivalent Influenza Vaccine (QIV) is recommended for pregnant women at any stage of pregnancy. Pregnant women can get the flu vaccine for free as part of the HSE vaccination programme through participating GPs and Pharmacies.

Pregnant women and their babies are more at risk of serious complications from flu

While anyone can catch flu, pregnant women have a higher risk of developing serious complications if they get flu. They are more likely to need treatment in hospital or the Intensive Care Unit because of flu.

The flu vaccine helps to protect mothers and their babies from the flu during pregnancy. The flu vaccine provides protection to newborn babies during their first six months of life. This is when babies are most likely to be admitted to hospital if they get flu.

The flu vaccine offers the best protection for pregnant women and their babies from flu

Useful information and resources

We have created resources to support vaccinators about the flu vaccine:

- Our e-learning HSeLand programme 'Quadrivalent Influenza Vaccine and adjuvanted Quadrivalent Influenza Vaccine (QIV & aQIV)' available on www.hseland.ie
- Algorithm for administering flu vaccines available on NIO website visit <http://bit.ly/FluResource>
- Watch this short video on vaccines recommended during pregnancy visit <https://bit.ly/VaccPreg>
- Share this video from Dr Maeve Eogan, Consultant Obstetrician and Gynaecologist, on why it is important for pregnant women to get the flu vaccine visit <https://bit.ly/PregFlu>
- Share this video in Romanian of Dr Angy Skuce, Safetynet Primary Care, on why it is important for pregnant women to get the flu vaccine visit <https://bit.ly/FluPregRom>
- Frequently Asked Questions about QIV and Pregnancy available on the NIO website visit <https://bit.ly/QIVPregFAQs>
- Quick Reference Guide to Influenza Vaccines which provides an overview of all 3 flu vaccines available this flu season available on the NIO website visit <https://bit.ly/FluHCPs>



And information for your pregnant patients on the NIO websites: www.hse.ie/flu and www.immunisation.ie

5 Tips to increase uptake of flu vaccine for pregnant women

We recommend participating GP practices and Pharmacies:

- 1 Phone, text or email women who are pregnant to let them know the flu vaccine is available for them **free** of charge.
- 2 Post on your website and social media accounts that the flu vaccine is available for pregnant women, including clinic times.
- 3 Have HSE information materials like posters and leaflets on display in your practice or pharmacy.
- 4 Consider recommending the vaccine to pregnant women who are attending your practice or pharmacy for another reason, if appropriate.
- 5 Talk to pregnant women about the flu vaccine and share the **Flu Facts**.





Toolkit for GPs and Pharmacists

Children's Nasal Flu Vaccine



Spread the flu facts, not the influenza virus

Fact



Pregnant women are at an increased risk of serious complications of flu such as pneumonia or bronchitis. Pregnant women who become sick with flu are also more likely to need treatment in hospital or the Intensive Care Unit.

Fact



Getting the flu during pregnancy can significantly increase the risk of premature birth, and even stillbirth. Babies born to women who are hospitalised with flu are four times more likely to be born prematurely or to have a low birth weight. Source: (K Newsome et al)

Fact



Newborn babies are more at risk of becoming seriously ill from flu. Babies less than 6 months have the highest rate of hospitalisation and death from flu.

Fact



Getting the flu vaccine can reduce the risk of a pregnant woman being hospitalised with flu by about 40%. Source: (MG Thompson et al)

Fact



The flu vaccine helps to reduce the risk of giving birth prematurely or have a low birth weight baby. Getting the flu vaccine while pregnant can help to reduce the risk of stillbirth by about 50%. Source: (AK Regan et al)

Fact



Getting the flu vaccine during pregnancy helps to protect babies from flu in their first six months of life. This is when babies are most likely to be admitted to hospital because of flu.

Fact



The flu vaccine is safe for pregnant women and cannot give you the flu. Flu vaccines have been given to millions of pregnant women all over the world, and has been given in the US for almost 60 years.

Fact



The flu vaccine can be given at any stage during pregnancy. Pregnant women are at risk of severe illness from flu at any stage of pregnancy, so the sooner they get the flu vaccine the sooner they are protected from flu.

Fact



The flu season starts at the beginning of October and lasts until the end of April. For women who are pregnant through two flu seasons, two flu vaccines, one in each season, are needed.

Fact



Pregnant women can get the flu vaccine with other vaccines recommended during pregnancy like the COVID-19 or whooping cough vaccines at the same time or at any time interval.