

INFLUENZA VACCINE IN PREGNANCY & LACTATION

Concerns about influenza infection during pregnancy

- Pregnant women/individuals are at a **higher risk of severe illness from the flu**, especially in the later part of the pregnancy

Complications in pregnancy can include:

- Pneumonia
- Respiratory distress (severe breathing problems)
- Hospitalization


Complications to infants can include:

- Low birth weight
- Preterm birth (before 37 weeks of pregnancy)



Recommendations in Pregnancy

- In Canada, as per the National Advisory Council on Immunization (NACI), pregnant women and pregnant individuals, at any stage of pregnancy, are considered a priority group to receive the **inactivated** or **recombinant** influenza vaccine
 - Studies, including thousands of pregnancies, support the safety and effectiveness of the inactivated influenza vaccine in pregnancy
 - Based on available information the recombinant vaccine is not expected to be a concern
 - **Live** vaccine should NOT be given in pregnancy



TYPES OF VACCINES

- **Inactivated:** killed virus/ parts of the virus
- **Recombinant:** parts of the virus created by scientists
- **Live:** weakened influenza virus should not be used in pregnancy



Does the influenza vaccine increase risk of harmful pregnancy outcomes?

- Studies have *not* identified safety issues with receiving the vaccine

Is my breastmilk safe for my baby after the influenza vaccine?

- Yes, the influenza vaccine is recommended during lactation

For more information visit <https://firstexposure.ca/influenza-vaccine-in-pregnancy-and-lactation/> or scan the QR code.



This information does not replace the medical care and advice from your healthcare provider. Please contact your healthcare provider for any questions you may have.