

A flu vaccine is the best way to protect you and your baby.

You can get a free flu vaccine at any stage in your pregnancy and at any time of the year.

Where can I get a flu vaccine?

You can book a vaccine appointment through your:

- doctor
- maternity care provider, such as a midwife
- participating pharmacist, or
- Aboriginal Medical Service.

Seeking medical help

If your baby's movement pattern changes, contact your midwife, doctor or local maternity service immediately. **Do not call them tomorrow, call them now.**

Speak to a maternal child health nurse from Pregnancy, Birth and Baby on 1800 882 436. Available 7am to midnight, every day.

Call healthdirect on 1800 022 222 for free instant health advice anytime, anywhere.

Call Triple Zero (000) if it's a life-threatening emergency.

Contact numbers and resources

Healthdirect

Speak to a maternal child health nurse on 1800 882 436 (Pregnancy, Birth and Baby helpline). Available 7am to midnight, every day.

Mothersafe

Mothersafe offers support to pregnant women concerned about exposures, including information on vaccines.

Sydney metropolitan area 9382 6539
Non-metropolitan area 1800 647 848

Sharing Knowledge About Immunisation

skai.org.au/pregnancy-and-newborn/diseases-and-vaccines/influenza



For more information, scan the QR code or visit:

www.health.nsw.gov.au/influenza-and-pregnancy



July 2026 © NSW Health.
SHPN (HPNSW) 260512.

Protecting you and your baby from influenza (flu)

Influenza is serious, especially when you are pregnant.



Why should I get a flu vaccine?

Getting a flu vaccine is the best way to protect you from influenza (flu) and its complications during pregnancy.

It also helps protect your baby in the first 6 months of their life, before they can get their own flu vaccine.

Pregnant women are more likely to get very sick from the flu. This can put you and your baby at risk of needing hospital care.

Babies under 6 months old are more likely to go to hospital with flu than older children.

The flu vaccine is safe and effective for you and your baby.

It's recommended that people you see often, such as close family and friends, also get a flu vaccine.

What are the symptoms of the flu?

- Fever and chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle aches or joint pains
- Headaches
- Fatigue (feeling very tired)

Flu symptoms can last for over a week. If you have flu symptoms, contact your doctor or maternity care provider, such as a midwife, right away.

What if I get the flu while I am pregnant?

Pregnancy changes how your body fights infection, increasing your risk of severe illness from flu.

Safe treatments are available during pregnancy so talk to your doctor.

You should:

- Drink plenty of fluids
- Take paracetamol if you feel unwell
- Move around regularly to reduce your risk of blood clots, which can increase if you are unwell and less active.

Steps to stay safe and reduce the spread of flu

- Stay at home if you are sick
- Cover coughs and sneezes
- Wash your hands often
- Clean frequently touched surfaces
- Avoid contact with people who are sick. Wear a mask if you are unable to maintain physical distancing in crowded indoor spaces

Frequently asked questions

Q: When can I get vaccinated?

You can get the flu vaccine at any stage of your pregnancy.

Q: Is the flu vaccine safe?

Yes. The flu vaccine is safe for both you and your baby. There is no evidence of increased risks to women or their babies when the woman is given an influenza vaccine during pregnancy. The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) strongly recommends a flu vaccine for pregnant women to protect both the mother and the baby.

Q: How does the flu vaccine work?

After you are vaccinated, your antibodies will pass to your baby in the womb.

Q: Can I get any side effects from a flu vaccine?

You may get mild side effects. This may include low grade fever, tiredness and muscle aches. It is also possible to have redness and swelling at the place where the needle went into your arm.

Q: Can I get the flu by getting a flu vaccine?

No. The flu vaccines recommended during pregnancy do not contain live virus, so they cannot give you the flu.

Q: Do I need a flu vaccine if I had the flu last winter?

Yes. Every year a new flu vaccine is developed to protect against the most common strains of flu that are expected that winter. Getting the flu vaccine every year helps protect you.

Q: Can I still breastfeed if I have the flu?

Yes, you can still breastfeed if you have the flu.

Q: Do I need to pay for a flu vaccine?

No. The flu vaccine is free for pregnant women, although some providers may charge an administration or consultation fee. Ask your doctor, midwife, or pharmacist if this applies to you.