

Edward Yeomans, M.D. – Flu shot/Pregnancy

Why is it important for pregnant women or women working towards pregnancy to get a flu shot?

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So seasonal influenza vaccine is recommended for all adults, but pregnant women are a particularly vulnerable group. They're subject to a higher incidence of pneumonia, hospitalization, intensive care, unit admission, and even adverse consequences for mom and baby.

Is it harmful to the baby if a pregnant woman does get a flu shot?

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Not only is it not harmful, it's actually helpful to the baby. There are no adverse anomalies recognized with the vaccine. No matter what trimester of pregnancy, you get the vaccine, and it's protective for the infant. So in the first six months of life, the influenza vaccine is not effective. So the only way to protect the infant is for the mother to be vaccinated.

Are there any side effects?

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Nothing serious. And so we've researched this it used to be not recommended early in pregnancy, those studies have all dispeled that notion. So I think that is recommended at all points in the pregnancy and no serious side effects.