



# INFLUENZA

## HAS PUT ME AND MY BABY AT RISK

“ I was just entering the third trimester of my pregnancy when I thought I caught a cold. When **I got a high fever and had difficulty breathing**, my partner called the ambulance and luckily they brought me straight to the hospital. My body had to fight a lot during this illness, **which turned out to be severe influenza**. I was very **worried about my pregnancy** and my little boy arrived prematurely. Today, he is still underweight. **I had totally underestimated how influenza could affect me and my baby.**”

Isabel, 29, project manager – experience of first pregnancy

## INFLUENZA

# AND MY BODY DURING PREGNANCY

When you are pregnant your body undergoes dramatic changes that affect your immune system, heart rate, and lung function.<sup>1,2</sup>

These changes during pregnancy can make you much more likely to get severely ill or can cause harm to your developing baby, if you catch influenza.

<sup>1,2</sup>

\*This patient case has been created based on scientific studies. Name is fictitious. Patient image is a model.<sup>1,4,5</sup>

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# INFLUENZA CAN PUT YOU AND YOUR BABY AT A GREATER RISK OF COMPLICATIONS

Even if you are generally healthy, catching influenza when you are pregnant can put you and your baby at a higher risk of serious complications.<sup>1,3</sup>

**5X** more **LIKELY TO BE HOSPITALISED** for severe respiratory illness during the influenza season.<sup>4</sup>

**4X** more likely to have **PRETERM LABOR**, more likely to have a **CESAREAN DELIVERY**.<sup>5</sup>

over **2X** increased risk of **FETAL DISTRESS** among women with respiratory illness compared to women without.<sup>5</sup>



## PROTECT YOURSELF AGAINST INFLUENZA

Influenza vaccination is the best way to protect yourself and your baby during pregnancy from influenza and reduce the risk of complications.<sup>1,6</sup>

- Influenza vaccines are given safely to millions of pregnant women around the world.<sup>6</sup>
- You can get vaccinated during any trimester of your pregnancy.<sup>1,6</sup>
- Pregnant women are strongly recommended to receive an influenza vaccination.<sup>1,8</sup>

## PASSIVE IMMUNITY AND YOUR BABY

Getting vaccinated during pregnancy can also protect your baby from influenza for up to 6 months after birth, before he or she is old enough to be vaccinated.<sup>6,8</sup>

**Talk with your healthcare professional about influenza vaccination**

1. CDC Flu and Pregnant Women. Available at: <https://www.cdc.gov/flu/highrisk/pregnant.htm>. Accessed January 2021. 2. Rasmussen SA, et al. *Am J Obstet Gynecol*. 207(3 Suppl):S3-8 (2012). 3. CDC Fact Sheet. Pregnant? You need a flu shot! CDC 2020. Available at: [https://www.cdc.gov/flu/pdf/freeresources/pregnant/flushot\\_pregnant\\_factsheet.pdf](https://www.cdc.gov/flu/pdf/freeresources/pregnant/flushot_pregnant_factsheet.pdf). Accessed January 2021. 4. Dodds L, et al. *CMAJ*. 176(4):463-468 (2007). 5. Cox S, et al. *Obstet Gynecol*. 107(6):1315-1322 (2006). 6. CDC. Flu Vaccine Safety and Pregnancy 2020. Available at: [https://www.cdc.gov/flu/highrisk/qa\\_vacpregnant.htm](https://www.cdc.gov/flu/highrisk/qa_vacpregnant.htm) Accessed January 2021 7. World Health Organization. Factsheet (Influenza). 2018. Available at: <http://www.who.int/mediacentre/factsheets/fs211/en/index.html>. Accessed January 2021. 8. CDC Fact Sheet. Making a strong vaccine referral to pregnant women. 2017. Available at: <https://www.cdc.gov/pertussis/downloads/fs-hcp-tdap-vaccine-referral.pdf>. Accessed January 2021.

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