

# Flu protection is even more important this winter season!

## Whittington Maternity Vaccination Service

This year's flu season has begun earlier than usual due to a newly mutated strain that is spreading more easily than in previous years. Pregnant women are at higher risk of complications from flu, particularly later in pregnancy, so vaccination is strongly recommended to help protect both you and your baby.

You can receive the Flu vaccine plus Whooping Cough and RSV vaccines at:

### **Blossom Vaccination Hub, located on Semple Ward, Level 5.**

- We are open 9am – 4pm, Monday to Friday
- (closed 1.30pm – 2pm for lunch)
- No booking required – we offer a walk-in service

Vaccines available:

- **Flu (until 31 March 2025)**

Pregnant women are eligible for the Flu vaccine and it is safe at any point of pregnancy. Even though this year's Flu strain has changed, recent studies have shown that having the Flu vaccine still offers strong and important protection, especially in reducing the risk of severe illness for you and your baby. [Click here](#) for more information.

You can also receive the vaccine by booking in with your GP or local pharmacy.

- **RSV (available all year)**

From 28 weeks of pregnancy, you can have the RSV vaccine to protect your baby against respiratory syncytial virus (RSV). RSV can cause bronchiolitis, a lung infection that makes it difficult for small babies to breathe and feed.

Unlike the flu vaccine, the RSV vaccine is available all year round. [Click here](#) for more information.

- **Whooping Cough (available all year)**

Whooping cough rates have risen recently and newborn babies who are too young to start their vaccinations are at greatest risk. It can be serious, leading to complications resulting in hospitalisation and even death. The vaccination is recommended from 16 weeks of pregnancy. You can receive this at the Blossom Vaccination Hub but your GP can also provide it. [Click here](#) for more information.

If you'd like more information about any of the vaccines, please speak to your Midwife or the team at the Blossom Vaccination Hub during the times listed above.