Debunking Medical Myths: Flu Vaccine and Pregnancy

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Flu Vaccine and Pregnancy

Group Red 40: Isaiah Hough, Madison Graifman, Saranya Madan, Chase Morrison, Mehrnoosh Ghafouri, Erin Bybee

"I'M WORRIED ABOUT THE VACCINE"

You're not alone

1. The lowest vaccination rates are among minority communities.

2. Mistrust among minorities communities is a result of past medical racism and experimentation

3. Doctors may not be aware of a mother's concern about the flu vaccine's safety.

4. There is not enough communication between soon-to-be mothers and their providers about the flu shot

"I DON'T NEED IT! IT WON'T WORK!"

- Pregnant women are at a higher risk of hospitalization from the flu.

- The best protection against the flu is the flu shot.

- A study of over 30,000 pregnant women showed that the flu vaccine reduced emergency room visits by 81% and hospitalizations by 65% (Restivo et al).

"IT'S NOT THE RIGHT TIME TO RECEIVE THE VACCINE"

- The flu shot can be given safely at any point during pregnancy.

- There is a slight increase in protection against the flu if the vaccine is given later in pregnancy, but this effect is modest.

"HOW IS GETTING THE VACCINE BENEFICIAL FOR MY BABY?"

- An infant born to a mother infected with influenza is at a higher risk of preterm birth, low birth weight, ICU admission, and even death.

- Flu vaccines are not available for use in infants under six months old, so these babies rely on antibodies from their mother.

But is it safe for me and my baby?

The data shows that not only does vaccination reduce the likelihood of adverse events in the mother's health, but that it confers passive immunity to the infant with no evidence for congenital anomalies, diseases, or other concerns (UpToDate, 2021)

- 48% FEWER FLU CASES IN INFANTS
  - Less than 6 months old

- 65% FEWER HOSPITALIZATIONS
  - In pregnant mothers

- 81% FEWER ER VISITS
  - In pregnant mothers

References


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