



*“Being vaccinated against swine flu is the safest way to protect both my baby and myself”*

At 32 weeks pregnant, Lucy Jessop, Public Health Consultant for NHS Buckinghamshire, falls within the priority group to receive the swine flu vaccine. Here she tells us why she decided to have the vaccine and why she thinks it is a good idea for other expectant mothers to protect themselves.

### Why did you decide to have the swine flu vaccine?

“After researching the vaccine I decided it would be the safest way to protect both my baby and myself against a potentially serious illness. Evidence shows that, although most pregnant women will only have mild flu symptoms, they are four times more likely than the general population to become seriously ill or die as a result of swine flu.

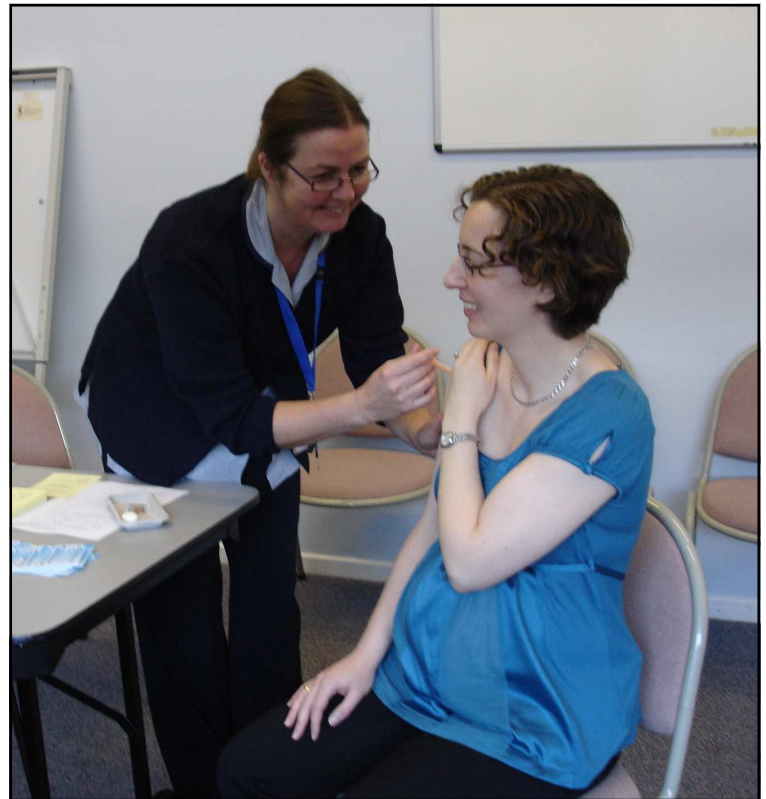
Having the vaccine myself should also protect the baby, through the placenta before birth and by breastfeeding afterwards, during the first few months of life when it is too young to have the vaccine itself.”

### Was it an easy decision to make?

“Initially I had some reservations about the vaccine because there was conflicting coverage in the media, but I did some research of my own and, after looking through the evidence, I decided that the vaccine would be safe and effective.”

### What would you say to other pregnant woman considering having the vaccine?

“It is important to look through all the information available for your own piece of mind, but in my opinion it is sensible for pregnant woman and other people in the at risk groups to have the vaccine. The disease can be a potentially serious one, especially for people in those groups.”



### Where can other pregnant women find out more about the vaccine?

- [Swine Flu Vaccine: What you need to know](#)
- [Frequently Asked Questions](#)
- [Swine flu and pregnancy information from the Royal College of Obstetricians and Gynaecologists](#)
- [Letter from Director of Immunisation](#)