



## Benefits and Safety of Influenza Vaccination during Pregnancy

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### DESCRIPTION

Influenza, commonly known as the flu, is a respiratory illness caused by influenza viruses. Pregnant women are at higher risk of developing severe complications from influenza. Therefore, getting vaccinated during pregnancy is recommended by healthcare professionals. Flu, whooping cough, tetanus, hepatitis B, and COVID-19 diseases can be particularly dangerous during pregnancy and can cause serious complications for both the mother and the baby.

#### Benefits of influenza vaccination

**Protection for mother and baby:** Influenza vaccination during pregnancy protects both the mother and the baby. Pregnant women who receive the influenza vaccine are less likely to get the flu and its complications, such as pneumonia, which can lead to hospitalization or even death. Additionally, the antibodies produced by the mother in response to the vaccine can be passed on to the baby, providing protection against influenza for the first few months of life.

**Reduced risk of premature birth:** Influenza infection during pregnancy can increase the risk of premature birth. Getting vaccinated during pregnancy can help reduce the risk of premature birth and other complications associated with preterm labour.

**Maternal antibodies transfer to the baby:** When a pregnant woman gets vaccinated, her body produces antibodies that are passed on to the baby. These antibodies provide protection to the baby in the first few months of life when they are too young to get vaccinated themselves.

**Reduced risk of miscarriage:** Influenza infection during pregnancy has been associated with an increased risk of miscarriage. Studies have shown that getting vaccinated during pregnancy can help reduce the risk of miscarriage.

**Increased breastfeeding rates:** Influenza vaccination during pregnancy has been associated with an increased likelihood of

breastfeeding. Breastfeeding provides numerous benefits to both the mother and the baby, including improved immune function and protection against infections.

#### Safety of influenza vaccination

Influenza vaccination during pregnancy is safe for both the mother and the baby. The Centers for Disease Control and Prevention (CDC) and the American College of Obstetricians and Gynecologists (ACOG) recommend that all pregnant women receive the influenza vaccine. The vaccine has been used for many years and has been shown to be safe and effective in pregnant women.

Influenza vaccines are made from inactivated viruses, which mean they cannot cause the flu. The vaccine is typically given during the second or third trimester of pregnancy. Studies have shown that influenza vaccination during pregnancy does not increase the risk of adverse outcomes, such as preterm birth, low birth weight, or congenital anomalies.

Side effects of the influenza vaccine are typically mild and may include soreness or redness at the injection site, headache, fever, or muscle aches. These side effects are usually short-lived and resolve on their own within a few days.

### CONCLUSION

Influenza vaccination during pregnancy is safe and recommended by healthcare professionals. The vaccine provides numerous benefits, including protection for both the mother and the baby, reduced risk of premature birth and miscarriage, and increased likelihood of breastfeeding. Pregnant women should consult with their healthcare provider about receiving the influenza vaccine during pregnancy. It is important to get vaccinated every year, as the influenza virus can change from year to year, and the vaccine may need to be updated to provide the best protection.

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**Received:** 22-Mar-2023, Manuscript No. JVV-23-20532; **Editor assigned:** 24-Mar-2023, Pre QC No. JVV-23-20532 (PQ); **Reviewed:** 07-Apr-2023, QC No JVV-23-20532; **Revised:** 14-Apr-2023, Manuscript No. JVV-23-20532 (R); **Published:** 25-Apr-2023, DOI: 10.35248/2157-7560.23.14.524.

**Citation:** Xuein N (2023) Benefits and Safety of Influenza Vaccination during Pregnancy. J Vaccines Vaccin. 14:524.

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