NHS

Vaccinations in pregnancy

Giving your baby the best and brightest start in life

Vaccination is your choice. We want to give you all the information you need to make the right decision for you and your baby.

Bright Start in Life

Speak to your GP or midwife for advice or to book an appointment.

Visit our website **northeastlondon.icb.nhs.uk/BrightStart** for more information or scan the QR code.

What vaccinations can I have during pregnancy?

The decision about whether to get vaccinated during pregnancy is yours and it's natural to have questions or concerns about whether it's right for you.

The whooping cough, respiratory syncytial virus (RSV) and flu vaccines are recommended during pregnancy to protect the health of you and your baby. These vaccines **do not** contain any live viruses and cannot give you or your baby the virus.

Whooping cough

Whooping cough – also known as pertussis - is a very serious infection of the lungs, and young babies are most at risk. Most babies with whooping cough will be admitted to hospital.

When you have the whooping cough vaccination in pregnancy, your body produces antibodies to protect against whooping cough. These antibodies pass to your baby giving them very good protection from birth until they're able to have their whooping cough vaccination at 8 weeks old.

The vaccine is usually given when you are 16 to 32 weeks pregnant. If for any reason you miss having the vaccine, you can still have it up until you go into labour.

RSV

Respiratory syncytial virus (RSV) is a common respiratory virus that can cause serious lung infections in babies.

When you have the RSV vaccination in pregnancy, your body produces antibodies to protect against it. These antibodies pass to your baby giving them very good protection from birth.

All women who are at least 28 weeks pregnant will be offered the vaccine.

Flu

Pregnant women are more likely to get serious complications and be admitted to hospital if they catch flu, putting them and their baby at risk. Having the vaccine while pregnant means you are significantly less likely to catch flu.

The flu strains the vaccine protects against are updated each year so the best time to have it is in the autumn when the latest vaccine is available but before flu starts circulating. You can still get a vaccine at any time of the flu season and at any stage of pregnancy.

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Find out more at **northeastlondon.icb.nhs.uk/BrightStart**