

# Vaccinations



## Influenza (Flu)

It is advised that all pregnant women should get vaccinated during the seasonal flu vaccination programme. Flu can cause serious illness in pregnant women, and as your body and immune system are adapting to accommodate your growing baby, you are less able to fight off the virus.

## Whooping Cough

It is currently recommended that all pregnant women should get vaccinated against whooping cough when they are 28-38 weeks pregnant. This is a new recommendation, as there has been a sharp rise in the number of whooping cough cases in the UK. Whooping cough is a serious illness. Babies who get it can develop severe complications and those who are too young to be vaccinated are at greatest risk (babies are vaccinated at two months old). Getting vaccinated while you're pregnant may help to protect your baby from developing whooping cough in his or her first few weeks of life. The immunity you get from the vaccine will pass to your baby through the placenta.

Please see your GP for more details and to book an appointment.