

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](https://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), flu and Covid-19 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 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 on 1 September 2024 will be offered the vaccine and then it will be routinely offered to all pregnant women at 28 weeks.

## 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.

## Covid-19

If you're pregnant, or think you might be, it's strongly recommended you get vaccinated against Covid-19 to protect you and your baby.

You're at higher risk of getting seriously ill from Covid-19 if you're pregnant. If you get Covid-19 late in your pregnancy, your baby could also be at risk.

You can get the Covid-19 vaccine in the autumn and winter when it is offered as part of the national vaccination campaign. It's safe to have the vaccine during any stage of pregnancy, from the first few weeks up to your expected due date.

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



Find out more at  
[northeastlondon.icb.nhs.uk/BrightStart](https://northeastlondon.icb.nhs.uk/BrightStart)