



# Vaccines that are recommended if you are pregnant



For more information about vaccines and pregnancy, please visit [www.nhs.uk/pregnancy/keeping-well/vaccinations/](http://www.nhs.uk/pregnancy/keeping-well/vaccinations/) or speak to a healthcare professional looking after you during your pregnancy.



**COVID-19 immunisation**

Protect yourself and your pregnancy

## COVID-19 Vaccination

The COVID-19 vaccine is available to you at any point during your pregnancy. Getting both doses of your vaccine is the best way to protect yourself – and those around you – against COVID-19. Although the overall risk from COVID-19 for pregnant people and their unborn babies is low, some people may become seriously unwell and need hospital treatment in later pregnancy. Pregnant people with COVID-19 are also 2 to 3 times more likely to have their babies earlier than people who do not have the virus. Pregnant people with underlying clinical conditions are at even higher risk of suffering serious complications from COVID-19.

### Is the COVID-19 vaccine safe in pregnancy?

The COVID-19 vaccines used in the UK are safe and effective for pregnant people.

There is no current evidence of any serious side effects for pregnant people. The current evidence does not show an increased risk of miscarriage or stillbirth following vaccination against COVID-19. There is also no suggestion that any of the COVID-19 vaccines used in the UK increase the risk of congenital anomalies or birth complications.

The vaccines do not contain living organisms that can multiply in the body, so they cannot infect an unborn baby in the womb.

You can also find more information at [www.rcog.org.uk](http://www.rcog.org.uk) and go to [www.grabajab.net](http://www.grabajab.net) to find out where to get your COVID-19 vaccination.

## Flu Vaccination

During pregnancy, your immune system (the body's natural defence) is weakened to protect the pregnancy. This can mean you are less able to fight off infections. As the baby grows, you may be unable to breathe as deeply, increasing the risk of infections such as pneumonia.

These changes can raise the risk from flu – pregnant people are more likely to get flu complications than people who are not pregnant and are more likely to be admitted to hospital. Having the flu vaccine means you're less likely to get flu.

You can find out more about the flu jab in pregnancy at [www.nhs.uk/pregnancy/keeping-well/flu-jab/](http://www.nhs.uk/pregnancy/keeping-well/flu-jab/) and Vaccinations in pregnancy - NHS ([www.nhs.uk](http://www.nhs.uk)).

### Is the flu vaccine safe in pregnancy?

Yes. Studies have shown that it's safe to have the flu vaccine during any stage of pregnancy, from the first few weeks up to your expected due date.

People who have had the flu vaccine while pregnant also pass some protection on to their babies, which lasts for the first few months of their lives.



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# Whooping Cough Vaccination

Whooping cough is a very serious infection, 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 some protection until they're able to have their whooping cough vaccination at 8 weeks old.

The Whooping Cough vaccine can only be administered after 16 weeks of pregnancy.

**You can find out more about the whooping cough vaccination in pregnancy at <https://www.nhs.uk/pregnancy/keeping-well/whooping-cough-vaccination/>**

**It is safe to get the flu vaccine, COVID-19 vaccine and whooping cough vaccine all at the same time, but you should take up the offer of each vaccine as soon as you are able.**

For more information about vaccines and pregnancy, please visit [www.nhs.uk/pregnancy/keeping-well/vaccinations/](https://www.nhs.uk/pregnancy/keeping-well/vaccinations/) or speak to a healthcare professional looking after you during your pregnancy.

