



North Central London
Health and Care
Integrated Care System



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.

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

Visit the link or scan the QR for more information.

► nhs.uk/pregnancy/keeping-well/vaccinations



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.

We recommend that you have the whooping cough, respiratory syncytial virus (RSV), flu and COVID-19 vaccines during every pregnancy to protect the health of you and your baby.

The vaccines don't contain any live viruses or bacteria so these won't be passed on to you or your baby.

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 it. These antibodies pass to your baby giving them very good protection from birth until they're able to have their own 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. If you missed having the vaccine before your baby was born, you can still have it until they turn 2 months old. This will provide them with some protection through breastfeeding.

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.

You will be offered the vaccine at 28-weeks pregnant but if you miss your opportunity, you can have it up until you go into labour.

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 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.