

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority

Information about getting a vaccine during pregnancy



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**Te Kāwanatanga
o Aotearoa**
New Zealand Government



Easy Read

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What is this document about?

Te Whatu Ora
Health New Zealand

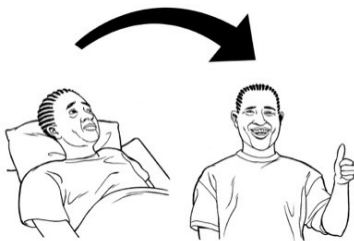


This Easy Read document is from Te Whatu Ora – Health New Zealand about getting a **vaccine** when you are pregnant.



A **vaccine** is a medicine that can keep you safe from getting sick from a disease.

It works by helping your body make **antibodies** against the disease.



Antibodies help your body fight off illnesses.

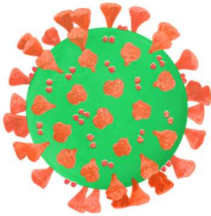
The part of your body that makes antibodies is called your **immune system**.

Getting a vaccine when you are pregnant



It is important for pregnant people to get a vaccine against:

- whooping cough
- flu
- COVID-19.



Getting a vaccine can stop you from getting really sick.



It does not cost money to get these vaccines when you are pregnant.



3

You can get all 3 vaccines at the same time.



Getting a vaccine when you are pregnant can stop your baby from getting sick:



- when you are pregnant
- after the baby is born



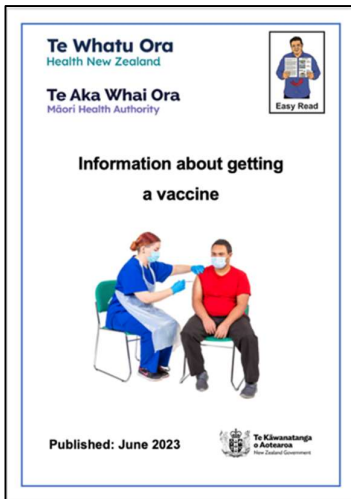
- until the baby is old enough to get a vaccine.



If you have questions about getting a vaccine when you are pregnant you can talk to:

- your doctor or nurse
- your midwife
- a healthcare provider like a pharmacist.





You can find out more about getting a vaccine in the Easy Read document:

Information about getting a vaccine

You can find this Easy Read document on the **Immunise website** at:

<https://tinyurl.com/yszfcxcc>



Booking a vaccine



You can book a vaccine:

- with your doctor
- with your healthcare provider
- online through **Book My Vaccine** at:



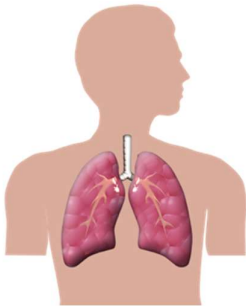
<https://bookmyvaccine.health.nz>



You may also be able to go into some places without an appointment like a:

- pharmacy
- community health centre.

Whooping cough vaccine / Boostrix



Whooping cough is a disease that:

- causes a bad cough that can last for months
- can make it hard to breathe
- can make babies very sick.

Whooping cough is also called pertussis.



More than half of babies who get whooping cough have to go to hospital.



Babies can die from whooping cough.



Getting a whooping cough vaccine when you are pregnant helps protect your baby after they are born.



You can get a whooping cough vaccine after you are 13 weeks pregnant until baby is born.



It is best to have the whooping cough vaccine before 28 weeks pregnant.



This gives the baby the best protection even if they are born early.



Babies should get their own whooping cough vaccine when they are 6 weeks old.

Flu vaccine



The **flu** is a virus that can make some people very sick.

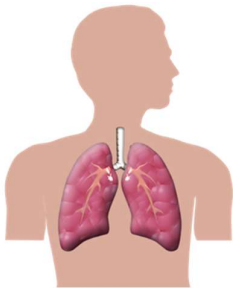


The **flu** is also called **influenza**.

Getting flu when you are pregnant can make you more likely to:



- need to go to hospital
- get **pneumonia**.

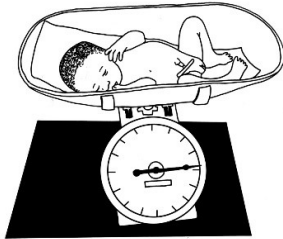


Pneumonia is an infection in your lungs.



The flu can also make you:

- give birth too early
- have a baby that weighs less than they should
- have a **miscarriage / stillbirth**.

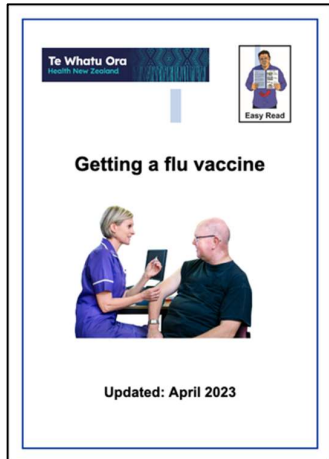


A **miscarriage / stillbirth** is when a baby dies before they are born.

You can get a free flu vaccine when you are pregnant.



Getting a flu vaccine will stop you from getting very sick with flu.



You can find out more about getting a flu vaccine in the Easy Read document:

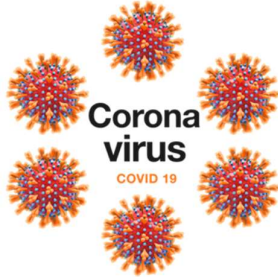
Getting a flu vaccine

You can find this document on the **Immunise website** at:

<https://tinyurl.com/mryhdpmt>



COVID-19 vaccine



COVID-19 is a virus that can make some people very sick.



The COVID-19 vaccine can stop you getting very sick if you get COVID-19.



Getting a COVID-19 vaccine when you are pregnant can stop your baby getting very sick if they get COVID-19.



Everyone over 5 years old can get a COVID-19 vaccine.

Some children under 5 years may also need a COVID-19 vaccine.



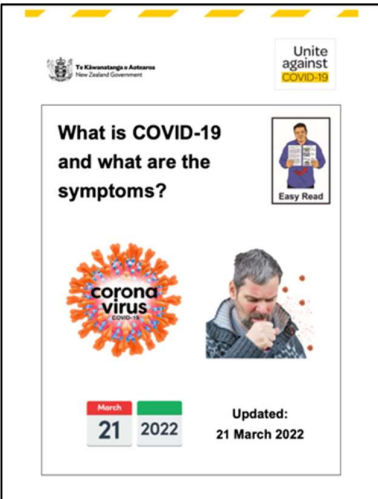
Pregnant people can get a COVID-19 **booster** if:

- they are older than 16 years
- it has been more than 6 months since they had a COVID-19 vaccine
- they have not had COVID-19 in the last 6 months.



A **booster** is an extra dose of a vaccine.

A **booster** makes the vaccine keep working well for a longer time.



You can find out more about the symptoms of COVID-19 in the Easy Read document:

What is COVID-19 and what are the symptoms?



You can find this document on the **COVID-19 website** at:

<https://tinyurl.com/z6zvkb9s>

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