



Vaccinations during pregnancy

Two vaccinations are available when you are pregnant. These vaccinations protect you and your baby against flu and whooping cough (the 22-week vaccination).



Whooping cough



Whooping cough can cause severe coughing fits.



The coughing can persist for months, and may cause pneumonia or brain damage.



Babies can even die from whooping cough.

Flu



Flu can make babies very ill.



They may struggle to breathe well.



Sometimes they have to go to hospital.



Pregnant women can also become very ill from the flu.

How does it work?

After you are vaccinated, your body makes antibodies. They are shared with your unborn baby via the placenta. Then your baby will be protected against whooping cough and flu for the first few months after birth.

Babies will need one vaccine less

If you get vaccinated against whooping cough, your baby will need one vaccine less!



When?

You can get the vaccinations from the 22nd week until the end of your pregnancy. The flu vaccine is only available from 15 October to 1 March.



What are the side effects?

The vaccinations are safe for you and your baby. You may have minor side effects:



Pain at the injection site



Listlessness



Headache

Where can you get vaccinated?

Make an appointment at a well-baby clinic near you. Go to rivm.nl/en/pregnancy-and-vaccinations/appointment.



Any questions?

Go to rivm.nl/en/pregnancy-and-vaccinations, contact the well-baby clinic, or ask your midwife or obstetrician.

