



## Vaccinations during pregnancy

When you are pregnant, there are two vaccinations that you can get: against flu and against whooping cough. These vaccinations will protect both you and your baby.



### Whooping cough



Whooping cough can make babies cough a lot. This coughing can last for months.



Babies can get pneumonia or brain damage because of the coughing.



Sometimes they will need to go to hospital. Babies can even die from it.

### Flu



The flu can make babies very ill and short of breath.



Sometimes they get pneumonia and need to go to hospital.



The flu can also make pregnant women very ill.

### How does it work?

Once you have been vaccinated, your body will create antibodies. These go through the placenta to your baby. In this way your baby is protected against whooping cough and flu for the first months after birth. They will also protect against the serious consequences of whooping cough and flu.

### 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 week 22 until the end of your pregnancy. You can only get the flu vaccine between 15 October and 1 March.



### What side effects can there be?

The vaccinations are safe for both you and your baby. But there may be some side effects.



Pain at the location of the vaccination



Listlessness



Headache

### Where can you get the vaccines?

Make an appointment with the Well-Baby Clinic near you. Go to [www.rijksvaccinatieprogramma.nl/afspraken-maken-22wekenprik-grieprik](http://www.rijksvaccinatieprogramma.nl/afspraken-maken-22wekenprik-grieprik)



### Any questions?

Go to [www.rivm.nl/zwanger-en-vaccineren](http://www.rivm.nl/zwanger-en-vaccineren), ask at the Well-Baby Clinic or ask your provider of obstetric care.

