

## **Vaccination for pregnant women**

For pregnant women, the whooping cough vaccine and the influenza vaccine are recommended. This is a safe and effective way to protect the pregnant woman and the new-born against these diseases and complications. Vaccination of pregnant women against whooping cough is recommended as soon as possible after the 24<sup>th</sup> week of pregnancy, in every pregnancy, and influenza vaccination before or during the influenza season. By getting vaccinated, you are building a foundation for your baby's health from the very beginning.

### **Influenza vaccination**

During pregnancy, there are temporary changes in the functioning of the immune system, heart and lungs, increasing susceptibility to a more severe course of influenza. Compared to other healthy adults, pregnant women have an increased risk of complications and hospital admission due to influenza. Influenza can also be a serious illness for a new born baby, as its immune system is not yet fully developed, making it harder for it to fight off infection. Influenza during pregnancy can also cause premature birth or low birth weight in the new-born.

Seasonal influenza vaccination is safe at all stages of pregnancy. After vaccination, antibodies are produced and passed from mother to baby, protecting them for the first six months of life. The influenza vaccination is free of charge for all pregnant women with compulsory health insurance.

### **Whooping cough vaccination**

Whooping cough is a highly contagious bacterial respiratory infection that causes severe coughing fits. It mostly affects babies up to six months of age. It is important to remember that many babies with whooping cough do not cough at all, but may just stop breathing and become blue.

Vaccinating pregnant women against whooping cough protects the baby against the disease in the first weeks of life, before it acquires its own protection through vaccination starting at 3 months of age. In addition, the vaccination also protects the pregnant woman against the disease, which could be passed on to her baby after birth. Vaccination of pregnant women is recommended as soon as possible after the 24<sup>th</sup> week of pregnancy and in every pregnancy. Vaccination is recommended regardless of whether the woman has been vaccinated in the past or even if she has had whooping cough in the past. Whooping cough vaccination is free of charge for all pregnant women with compulsory health insurance.

### **Materials**

[Whooping cough vaccination for pregnant women](#)

[Influenza vaccination for pregnant women](#)