

Pregnancy is a great time to be healthy



Smoke And
Alcohol Free



Mental Wellbeing
Matters



Immunise



Lie On
Your Side



Eat
Healthy

Te Whatu Ora
Health New Zealand



Free Boostrix Vaccine

Protect baby and you from whooping cough

When you are **16 weeks pregnant** go to your doctor (GP) or pharmacy for your **FREE** vaccine.

I will be 16 weeks pregnant on: / /

LMC Name

LMC Phone

The vaccine is FREE between weeks 16 and 38 of EVERY pregnancy.

For healthy pregnancy advice visit www.pregnancysmile.nz

Protecting baby starts in pregnancy

Whooping cough (Pertussis) is a very infectious disease that is spread easily by coughing and sneezing. Whooping cough can be very dangerous for children – especially those under 1 year of age.

- The Whooping cough vaccine (Boostrix) when given in pregnancy protects your baby until they are old enough at 6 weeks to have their own immunisation.
- Research shows that babies of women who were vaccinated in pregnancy are less likely to be admitted to hospital with whooping cough.
- You should have a Boostrix vaccine each time you are pregnant.
- When you are **16 weeks pregnant** go to your family doctor or pharmacy and get your **FREE** vaccine. You should have the vaccine anytime in your 2nd or 3rd trimester of your pregnancy. We recommend getting the vaccine early to give your baby more protection.
- Immunisation is safe during pregnancy.

Protect yourself and your baby from whooping cough—vaccinate!