



Getting vaccinated against flu and whooping cough during pregnancy protects you and your peepi

Both flu and whooping cough are easily spread by coughs and sneezes and can cause serious illness during pregnancy. Getting vaccinated gives you and your unborn peepi protection.

Both vaccines are free during pregnancy

Flu vaccine

- Is safe during all stages of pregnancy
- Does not give you flu
- Helps your immune system to recognise the flu virus and fight it

Whooping Cough vaccine (called Boostrix™)

- Can be given from 16 weeks of pregnancy
- Protects your unborn peepi from whooping cough after the birth and up to six weeks of age
- Protects you and your unborn peepi against tetanus and diphtheria

You need to have Flu and Whooping Cough vaccines every time you get pregnant to protect you and your unborn peepi

Where do I go to get the vaccines?

Flu vaccine is available from 1 April to 31 December at primary birthing units, pharmacies, or your family doctor. Whooping cough vaccine is available at primary birthing units, pharmacies or your family doctor



Get vaccinated today

For more information please talk to your midwife, pharmacist or family doctor.

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Te Whatu Ora
Health New Zealand



I'm hapuu / pregnant or breastfeeding. Can I have the COVID-19 vaccine?

COVID-19 vaccinations are free for everyone in Aotearoa New Zealand aged 5+ and for tamariki from 6 months to 4 years at increased risk of severe COVID-19.

COVID-19 vaccine

- New Zealand is using the Medsafe approved Pfizer vaccine.
- Pfizer vaccine is safe to get if you are pregnant or breastfeeding.
- You can get the Pfizer vaccine at any stage of your pregnancy.
- Results of vaccinations for a large number of pregnant people from around the world, shows that COVID-19 vaccines are safe.

Why get vaccinated?

- If you get COVID-19 while you're pregnant you are at more risk of getting sick
- Your unborn peepi can get protection from the virus through the placenta/whenua
- Your peepi can get some protection against COVID-19 through your breastmilk

To get your free COVID-19 vaccination you can:

- Book online at [BookMyVaccine.nz](https://bookmyvaccine.nz)
- Scan the QR code to find your local COVID-19 vaccination provider
- Call the COVID-19 Vaccination Healthline on 0800 28 29 26 from 08.00am 08.00pm, 7 days a week



Get vaccinated today



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