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# Immunisation during pregnancy

When you’re pregnant, it’s strongly recommended you’re immunised against whooping cough, flu and COVID-19.

While the vaccines do not affect your pēpi (baby), you will naturally pass on some of your immunity. This means when they’re born, they will have some protection until they’re old enough to be immunised themselves. This is especially important for whooping cough.

You can have all 3 of these vaccines in the same appointment.

## Whooping cough vaccine (Boostrix)

Whooping cough is particularly dangerous for babies – especially those who have not been vaccinated. More than half of babies under 12 months old who catch whooping cough need to go to hospital, and up to 1 in 50 of these babies die.

By getting immunised when you’re pregnant you’ll protect your pēpi until they can have their first immunisations when they’re 6 weeks old. This is because your immunity passes to your baby through the placenta.

It’s most effective when given from 16-26 weeks of pregnancy, but is available and free from 13 weeks of every pregnancy.

## Flu vaccine

You can get a free flu vaccination at any stage of your pregnancy.

If you catch the flu when you’re pregnant, you’re at greater risk of getting pneumonia and are more likely to be hospitalised.

Flu also increases the chance of complications for your baby, such as early birth, miscarriage, stillbirth, and lower birth weights.

## COVID-19 vaccine

Pregnant people can get really sick from COVID-19. Being vaccinated against COVID-19 means you’re far less likely to fall seriously ill. It also protects your pēpi as there’s evidence that babies can get antibodies through the placenta that help protect them from COVID-19.

As well as your first 2 COVID-19 doses, pregnant people over 16 years old, can have boosters.

To get a booster it's recommended that you wait at least 6 months since your last COVID-19 vaccine or infection.

## Booking a vaccine

If you have one, contact your usual doctor or healthcare provider to book a vaccination appointment.

Pregnancy immunisations can also be booked online though Book My Vaccine.

[Book My Vaccine](https://bookmyvaccine.health.nz/) or <https://bookmyvaccine.health.nz>

End of Information | Immunisation during pregnancy