



Mae Brechu yn achub bywydau
Vaccination saves lives



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How to protect you and your baby

This leaflet tells you about vaccines
you can have when you are pregnant



Mae'r llyfryn hon ar gael yn Gymraeg. You can get this booklet in Welsh.

Protecting you and your baby



When you are pregnant, your body has to work hard to keep you and your baby healthy.



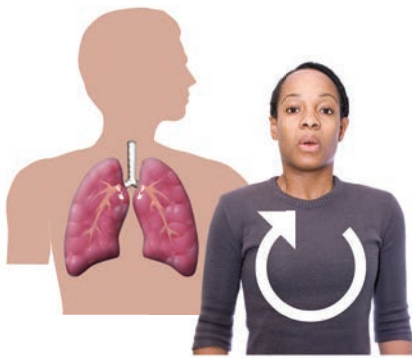
If you catch some illnesses your body finds it harder to fight them off.

This means you and your baby have more chance of being very poorly.



Some of the illnesses that can make you and your baby very poorly are:

- Whooping cough.
- Respiratory Syncytial Virus.
This is called **RSV** for short.
- Flu.



All of these illnesses can affect your lungs and your breathing.



This can be very serious.
You or your baby might need to go to hospital.



It is really important to protect you and your baby from these illnesses.

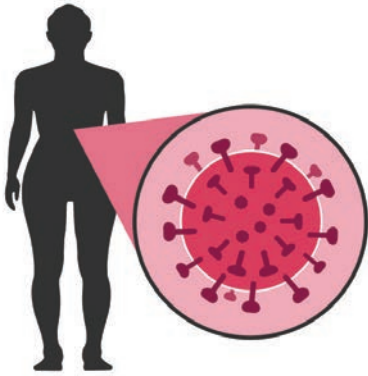


There are some vaccines you can have to protect you and your baby.
The vaccines are free to pregnant people.



This leaflet tells you more about 3 vaccines.

What is a vaccine



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



Getting a vaccine is usually done by giving you an injection at the top of your arm.



Your body then knows how to fight the illness if you catch it in the future.



A vaccine cannot stop you from catching an illness but it can make you less poorly if you do catch it.



You have the vaccine when you are pregnant so you can pass on a bit of protection to your baby.

This means they are protected as soon as they are born.



All of the vaccines in this leaflet are safe to have when you are pregnant. They will not hurt you or your baby.



Your midwife will tell you more about vaccines and how to get them.



You should have these vaccines every time you are pregnant.



If you miss a vaccine when you are pregnant, you might be able to have it after your baby is born.



Speak to your doctor or midwife.
They will tell you if you can still have the vaccine.

When to have your vaccines

Whooping cough vaccine



Whooping cough starts off a bit like a cold.

Then after a week or so you get a really bad cough.



The coughing can make it hard to breathe.

You might also feel like you can't breathe.



The best time to have this vaccine is between 16 and 32 weeks pregnant.



You can have it after 32 weeks but it might not work as well.

RSV Vaccine

RSV can affect your lungs and breathing.



If babies find it hard to breathe they find it harder to drink milk too.



Some babies with RSV get very poorly and have to go into hospital.



The best time to have this vaccine is between 28 and 36 weeks pregnant. You should have it as soon as you are offered it.



You can have it after 36 weeks but it might not work as well.

Flu vaccine



If you are pregnant, there is more chance of becoming more poorly than if you are not pregnant.
Flu can also be very serious for babies.



You can have the vaccine at any time between September and March.
It doesn't matter how many weeks pregnant you are.

Who should not have the vaccine



Most people who are allergic to something can have the vaccines with no problems.



You should not have the vaccines if:

- You are allergic to something the vaccines are made from and it gives you a **serious reaction**

or



- You have had a **serious reaction** to the vaccines before.



A **serious reaction** is when:

- You find it hard to breathe.



- You feel confused, faint and you cannot be woken up.



- Your face, neck or tongue start to swell up.



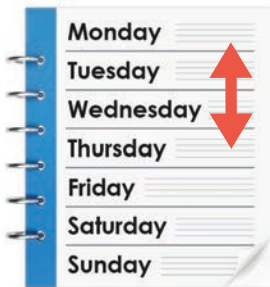
Tell the person giving you the vaccine if you have had a serious reaction to the vaccine before.

Side effects



Side effects are things that might happen to you after you have had a vaccine.

Not everyone has side effects.



Side effects usually only last up to 2 to 3 days.

You might:



- Have a sore or swollen arm where you had the injection.



- Have a fever.
This is when you have high temperature of 38 degrees or more on a thermometer.



- Feel very tired.



- Have aches in your body.



- Have a headache.



- Poo a lot or have more runny or soft poo.



Serious side effects are very rare.
This means that not a lot of people
have them.



If you are worried or your side effects
get worse, speak to your doctor or
midwife

or



call **NHS 111**.

Breastfeeding



These vaccines are safe to have if you are breastfeeding.

You do not need to stop breastfeeding before or after you have the vaccines.

Gelatine



Gelatine is something that is sometimes found in food.

It is made from parts of animals like pigs.



For some people it is important to them that they do not have any pork or gelatine.



There is no gelatine in any of the vaccines.

More information



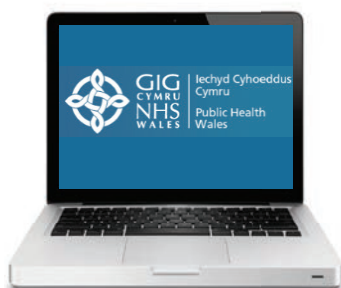
If you want more information about the vaccines, you can speak to your midwife or local doctor.



You can also contact NHS 111 Wales.

Phone 111

It is free to call this number.



You can look on the Public Health Wales website:

phw.nhs.wales/vaccines



To find out how the NHS uses your information, visit:

111.wales.nhs.uk/AboutUs/Yourinformation