

# Vaccines to protect you and your baby

Easy Read version

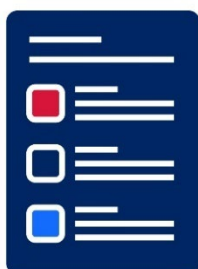


# How to use this fact sheet



We are NSW Health.

We wrote this fact sheet.



We wrote some words in **bold**.

We explain what these words mean.

There is also a list of these word on page 17.



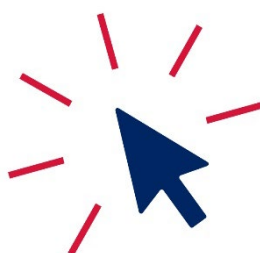
You can ask someone you trust for support to:

- read this fact sheet
- find more information.



This is an Easy Read summary of another fact sheet.

It only includes the most important ideas.



You can find the other fact sheet on our website.

[www.health.nsw.gov.au/immunisation/pages/pregnancy-vaccinations.aspx](http://www.health.nsw.gov.au/immunisation/pages/pregnancy-vaccinations.aspx)

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# How vaccines protect you and your baby



**Vaccines** help protect you and your baby.

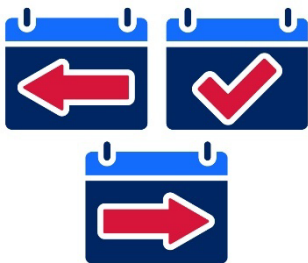
A vaccine is medicine that:



- helps your body get ready to fight an infection
- can stop you getting very sick.

Vaccines take about **2 weeks** to start protecting you.

It's important to get vaccines to protect you and your baby:



- before you're pregnant
- while you're pregnant
- after your baby is born.

While you're pregnant, you can get vaccines from a:



- doctor



- pharmacist



- Aboriginal medical service



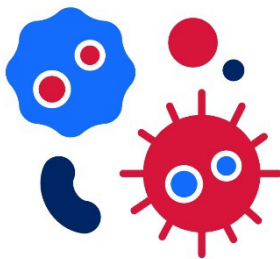
- **midwife** – a health professional who cares for pregnant people.

# Vaccines to get before you're pregnant



Some vaccines are better to get before you are pregnant.

For example:



- measles
- mumps
- rubella
- chicken pox.



These diseases can spread very easily and harm you and your baby.



You should ask your doctor if you need these vaccines.

# Vaccines to get when you're pregnant



There are **3** vaccines you should get when you're pregnant.

They are safe for you and your baby.



These vaccines help protect you and your baby while you're pregnant.



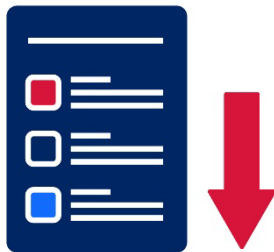
They also protect your baby after they are born until they can get their own vaccines.



The vaccines are free.



But you might have to pay a health professional to give it to you in a needle.



We explain the **3** vaccines you should get when you're pregnant on the following pages.



## Pertussis (whooping cough) vaccine



You can get the pertussis (whooping cough) vaccine when you've been pregnant for around **28 weeks**.

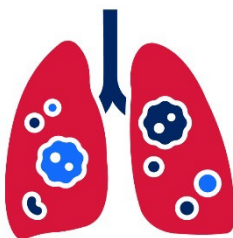
Whooping cough is a virus that can:



- spread easily



- give you coughing fits



- make it hard to breathe.



Whooping cough can also make your baby very sick.



Other people should also get the whooping cough vaccine to help protect your baby.

For example, your partner and your parents.



These people should get the whooping cough vaccine:

- before they meet your baby
- if they haven't had it in the last **10 years**.



You can have the whooping cough vaccine each time you're pregnant to help protect your baby.

## RSV vaccine



You can get the respiratory syncytial virus (RSV) vaccine when you've been pregnant for around **28 weeks**.

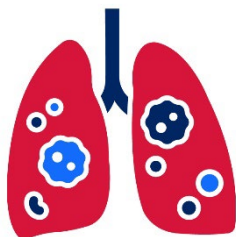


This vaccine protects your baby from RSV for the first **6 months** after they're born.

RSV is a virus that can:



- make your baby very sick



- make it hard to breathe.

## Influenza (the flu) vaccine



You can get the influenza (the flu) vaccine anytime when you're pregnant.



The flu is a virus that can:

- spread quickly
- make you very sick with a cough, sneeze or fever.

## COVID-19 vaccines when you're pregnant



You should only have a COVID-19 vaccine when you're pregnant if you've never had a COVID-19 vaccine before.



COVID-19 is a virus that can:

- spread easily
- make you very sick with a cough, sneeze and fever.



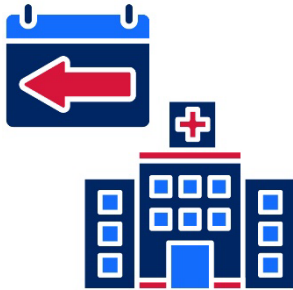
You should talk to your doctor before getting a COVID-19 vaccine while you're pregnant.

# Vaccines after your baby is born



Most vaccines are safe for you to get right after your baby is born.

Even if you're breast feeding.



If you didn't get the whooping cough vaccine when you were pregnant, you should get it before you leave the hospital.



You can talk to your doctor or midwife about any other vaccines you might need after your baby is born.



The best way to keep your baby safe from serious diseases is to make sure they get their vaccines on time.

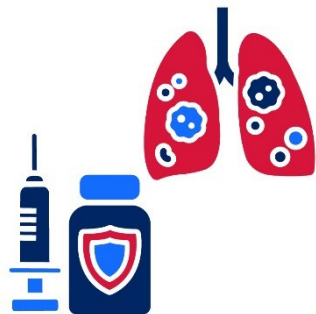


Your baby will get a vaccine right after they're born.

This is called the Hepatitis B vaccine.



Your baby will get their next vaccines when they are **6 weeks** old.



Some babies may also need an **immunisation** for RSV.



An immunisation is medicine you get through a needle that helps protect you from an illness.

Your baby may need the immunisation for RSV if:



- you didn't get the RSV vaccine when you were pregnant



- your baby is at a high risk of getting very sick from RSV.



You can ask your doctor or midwife if your baby needs the immunisation for RSV.



# Word list

This list explains what the **bold** words in this fact sheet mean.



## **Immunisation**

An immunisation is medicine you get through a needle that helps protect you from an illness.



## **Midwife**

A midwife is a health professional who cares for pregnant people.



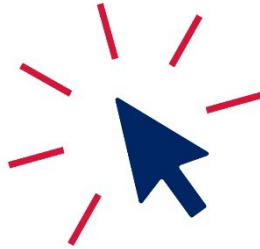
## **Vaccine**

A vaccine is medicine that:

- helps your body get ready to fight an infection
- can stop you getting very sick.

Vaccines take about 2 weeks to start protecting you.

## Contact us



You can visit our website.

[www.health.nsw.gov.au/pregnancy-vaccinations](http://www.health.nsw.gov.au/pregnancy-vaccinations)



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