

Pregnancy is a great time to be healthy



Smoke And  
Alcohol Free



Mental Wellbeing  
Matters



Immunise



Lie On  
Your Side



Eat  
Healthy



# Free Boostrix Vaccine

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Protect baby and you from whooping cough

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When you are **16 weeks pregnant** go to your  
doctor (GP) 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](http://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 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!

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