

# Whooping Cough

Protection for you and your baby

**NHS**

## Staying safe is as easy as 1, 2, 3

1

### Ask about the vaccine.

If you're more than 16 weeks pregnant and haven't yet been offered the whooping cough vaccine, speak to your midwife. Don't let your baby go unprotected.

2

**Say YES to getting the vaccine.** The whooping cough vaccine is **FREE** and is offered to all pregnant mothers. It's best to get it between 16 and 32 weeks of pregnancy. When your midwife offers it, just say YES.

3

**Protect your baby.** Babies whose mothers have had the vaccine are much less likely to become ill with whooping cough in their first weeks of life.

With credit and thanks to  
South Tees Hospitals  
NHS Foundation Trust and  
Public Health South Tees

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HELP**



Join the many other pregnant mothers across the North East and North Cumbria who have already kept their baby safe with the **FREE Whooping Cough vaccine.**

# The Whooping Cough Vaccine is important for you and your baby.

## IT PROTECTS

**It protects you** - getting a whooping cough vaccine while pregnant can protect you and your baby.

**It protects baby** - the protection you get from the vaccine passes to your baby and helps keep them safe until they can have their first whooping cough vaccine at 8 weeks old.

## IT'S SAFE

**For many years** - since 2012, pregnant women in the UK have been getting the whooping cough vaccine.

**It works** - babies whose mothers got the whooping cough vaccine, at least a week before birth, are 91% less likely to get ill with whooping cough in their first weeks of life compared to babies whose mothers didn't get the vaccine.

**It's recommended** - many other countries, like the USA, Australia, New Zealand, Belgium, and Spain, also recommend the whooping cough vaccine for all pregnant women.

## IT'S IMPORTANT

**Protect your baby** - whooping cough cases have risen, and babies too young for their vaccinations are most at risk.

**It's serious** - whooping cough is a serious illness that can cause breathing difficulties, pneumonia, and seizures. Most babies with whooping cough will need to go to the hospital - and it can be deadly.

**The best protection** - the only way to protect your baby from whooping cough in the first few weeks after birth is by getting the vaccine while you're pregnant.

Speak to your midwife about all vaccinations recommended during pregnancy or visit:



HERE

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