

**From the moment you find out you are pregnant, you want to protect your baby and give them the healthiest possible start in life.**

You begin preparing for their arrival—choosing the right baby monitor to keep them safe while they sleep, picking out tiny socks to keep them warm, and packing scratch mittens to shield their delicate skin.

Getting the recommended vaccinations during pregnancy is part of that same care.



### **Why vaccinations matter during pregnancy**

When you are pregnant your immune system (your body's natural defence) is weakened. This means that you are less able to fight off viruses that are easily spread when it gets colder. Vaccinations in pregnancy are specially designed to help protect you and your baby—before and after birth—against serious illnesses.

### **What vaccines are recommended during pregnancy and how do I get them?**

The vaccines recommended during pregnancy include pertussis (whooping cough), RSV and the flu vaccination. If you have any questions or concerns contact your maternity team or GP practice.



For more information about vaccinations during pregnancy search: **NHS GM Winter vaccinations** or visit

[www.gmintegratedcare.org.uk/winter-vaccinations](http://www.gmintegratedcare.org.uk/winter-vaccinations)

If you would like this information in another format or translated into a different language, please email [gmhscp.gm-campaigns@nhs.net](mailto:gmhscp.gm-campaigns@nhs.net).

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**Part of** Greater Manchester  
Integrated Care Partnership



Greater Manchester



# Keep loving every stage

**Vaccines are the best way to  
keep you and your family safe**

**Keep protected this winter**

# PREGNANCY VACCINATION TIMELINE

ANY  
STAGE OF  
PREGNANCY

## Flu

It is safe to have the flu vaccine at **any stage of pregnancy**.

The flu vaccine is available from 1st September.

### How to get the vaccine

- Talk to your midwife
- Contact your GP practice
- Ask your local pharmacy
- Book an appointment online, search NHS GM Winter vaccinations

During pregnancy, you're more likely to become very unwell if you have flu. It could also cause your baby to be born early or have a low birthweight. In some cases, it can lead to stillbirth or death.

Getting vaccinated during pregnancy gives your baby protection against the virus for the first few months of their life.

16  
WEEKS

## Whooping cough (also known as pertussis)

You can get the whooping cough vaccine from **16 weeks pregnant** (it is usually given at around 20 weeks).

Getting the vaccine before 32 weeks gives the best protection.

### How to get the vaccine

- Talk to your midwife
- Contact your GP practice

Whooping cough can be a very serious infection, and young babies are most at risk. Most babies with whooping cough will be admitted to hospital.

When you have the whooping cough vaccination during pregnancy, your body produces antibodies which pass to your baby. This gives them protection until they're able to have their own whooping cough vaccine at 8 weeks old.

28  
WEEKS

## RSV (Respiratory Syncytial Virus)

You can get the RSV vaccine from **28 weeks pregnant**.

### How to get the vaccine

- Talk to your midwife
- Contact your GP practice

RSV is a common cause of coughs and colds especially in winter, but it can be serious for small babies.

RSV can cause bronchiolitis, a lung infection that makes it hard for babies to breathe and feed. Some will need hospital care, and it can be very serious. Sadly, sometimes babies die.

Vaccination during pregnancy will give your baby protection from the day they are born.