



I'm pregnant or
breastfeeding.
Can I have the
COVID-19 vaccine?



COVID-19 vaccine

- New Zealand is using the Medsafe approved Pfizer vaccine
- Pfizer vaccine is safe to get if you are pregnant or breastfeeding
- Can be given at any stage of your pregnancy
- Results from the large number of pregnant women from around the world shows that COVID-19 vaccines are safe.

Why get vaccinated?

- If you get COVID-19 while you're pregnant you are at more risk of getting sick
- Your unborn peepi can get protection from the virus through the placenta/whenua
- Your peepi can get some protection against COVID-19 through your breastmilk.



To get a vaccination you can:

- book online <https://bookmyvaccine.covid19.health.nz/>
- call the COVID Vaccination Healthline on **0800 282 926** from 8am - 8pm, 7 days a week
- call Pacifica Peoples Healthline **0800 21 12 21** from 8am - 8pm, 7 days a week



If you have any questions or need help with booking please talk to your midwife or doctor.



Both flu and whooping cough are easily spread by coughs and sneezes and can cause serious illness if caught during pregnancy. Being vaccinated offers you and your unborn peepi protection. Both vaccines are **free of charge during pregnancy**.

Influenza vaccine

- Is safe to be received during all stages of pregnancy
- It does not give you flu
- It stimulates your immune system to be able to recognise the virus and fight it

Boostrix™ vaccine

- Can be given from 16 weeks of pregnancy
- Protects the unborn baby from whooping cough after the birth and up to 6 weeks of age
- Contains added protection against tetanus and diphtheria.

Flu and Boostrix™ are needed every pregnancy to protect you and your unborn peepi.

Where do I go to get the vaccines?

Both vaccines are **free of charge**. Flu vaccine is available from May to December in New Zealand at Pharmacies or your family doctor. Boostrix is available from your family doctor. **Go today.**

For more information please talk to your Midwife or Doctor.