

After your baby is born immunisation is the single most important thing you can do to protect your child's health.

Your baby's first immunisation is against Hepatitis B. It is safely given after birth by hospital staff.

Your baby's next vaccinations are due at 2 months of age.

See your GP or local immunisation provider for further information on immunisation.

### Where can I get more information?

- Speak to your doctor or midwife
- Contact the SA Immunisation Coordination Unit:  
Phone: 8226-7177  
Web: [www.dh.sa.gov.au/pehs](http://www.dh.sa.gov.au/pehs)
- [www.health.sa.gov.au/pregnancy](http://www.health.sa.gov.au/pregnancy)
- WCH website: [www.wch.sa.gov.au](http://www.wch.sa.gov.au)

# PLANNING A PREGNANCY?



**“Tips to help make a healthy baby”**



**Stop Smoking**

**Avoid Alcohol**

**Take Folic Acid**

**Check immunizations**

***Talk to your Doctor***

## **Immunisations recommended before, during or after pregnancy**

### **MEASLES, MUMPS, RUBELLA**

If you were born after 1966 you may need a booster measles vaccination.

### **CHICKEN POX**

If you have never had chicken pox, a simple blood test can be performed to see if you have protection against chicken pox infection. If you have no protection there is a chicken pox vaccine available for adults.

### **WHOOPIING COUGH**

Both parents can be protected from whooping cough and therefore lessen the chance of passing it on to their baby.

### **FLU**

You can be immunized against influenza before or during pregnancy to protect you and your baby against influenza.

### **PNEUMOCOCCAL**

If you are a smoker, or have a chronic disease (e.g. heart, kidneys, lung) or diabetes then pneumococcal vaccine is recommended.

## **Why Immunise?**

Immunisation provides protection from diseases that can cause serious illness in the pregnant woman, the unborn child and/or the new baby.

- Rubella infection in a pregnant woman can cause serious birth defects.
- Chicken pox infection in a pregnant woman can cause serious illness in both the woman and her unborn child, including birth defects.

NOTE: Delay pregnancy for 1 month after having a measles, mumps, rubella and/or chicken pox immunisation

- Whooping cough may cause serious illness and even death in babies less than 6 months of age.
- There is an increased risk of being hospitalized for a pregnant woman if she has the flu.
- Immunisation provides protection against pneumococcal disease which can cause serious illness in ~~at~~ risk+groups including smokers.