



**There is a lot of whooping cough around at the moment and babies who are too young to start their vaccinations are at greatest risk.**

Expectant mothers can help protect their babies by getting themselves vaccinated against whooping cough from 16 weeks. The vaccine is sometimes offered after the mid-pregnancy scan around 18 to 20 weeks.

The vaccination programme was introduced in 2012 and has already protected many young babies against whooping cough. Because the disease continues to circulate at high levels in older age groups, pregnant women still need to be vaccinated. It is important to be vaccinated with every pregnancy.

You may have thought whooping cough had died out but the number of cases in England and Wales started to increase from late 2011.

In 2012 there were 10 times as many cases as would be expected in a peak year of disease. Of particular concern was the rising number of cases in young babies who are too young to be vaccinated themselves.

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## What is whooping cough?

Whooping cough (also known as pertussis) causes long bursts of coughing and choking, making it hard to breathe. The 'whoop' noise is caused by gasping for breath after each burst of coughing. Young babies don't always do this which can make it difficult to recognise the disease. Whooping cough commonly lasts for 2 to 3 months. Babies under one year of age are most at risk from whooping cough. For these babies, the disease is very serious and can lead to pneumonia and permanent brain damage. In the worst cases, it can cause death.

Getting vaccinated  
from week 16 of your  
pregnancy will help  
protect your baby

## Why are we seeing more outbreaks?

On average, in the 10 years from 2002 to 2011 in England and Wales, 800 cases of whooping cough were reported every year with over 300 babies having to go to hospital and 4 babies dying. During 2012, however, cases of whooping cough rose sharply with nearly 10,000 cases and 14 baby deaths.

The causes of this increase are not yet fully understood but are being investigated. Of greatest importance is the protection of young babies who are the most likely to suffer badly if they catch the disease. We can best protect these babies by vaccinating women between weeks 16 and 32 of their pregnancy. This will help protect the baby from birth until its first routine vaccine is due at 2 months of age.

## Are we the only country to have this problem?

Argentina, Australia, Belgium, Canada, Ireland, Israel, New Zealand, Spain, UK and US are all experiencing similar problem with rising numbers of cases and deaths of young children. All of these countries now recommend the maternal pertussis vaccination.

## Are there any risks to me or my baby if I'm vaccinated while I'm pregnant?

The Medicines and Healthcare products Regulatory Agency (MHRA) in the UK has completed a large study of the safety of the vaccine in pregnancy in 2014. This study, including nearly 18,000 vaccinated women, found no risks to pregnancy associated with the vaccine and rates of normal,

healthy births were no different to those as in unvaccinated women. Similar vaccines are also routinely recommended during pregnancy in the US where no risks to pregnancy have been found.

The whooping cough vaccine is not a live vaccine so it can't cause whooping cough in you or your baby if you have the vaccine. It's safer for you to have the vaccine than to risk your newborn baby catching whooping cough.

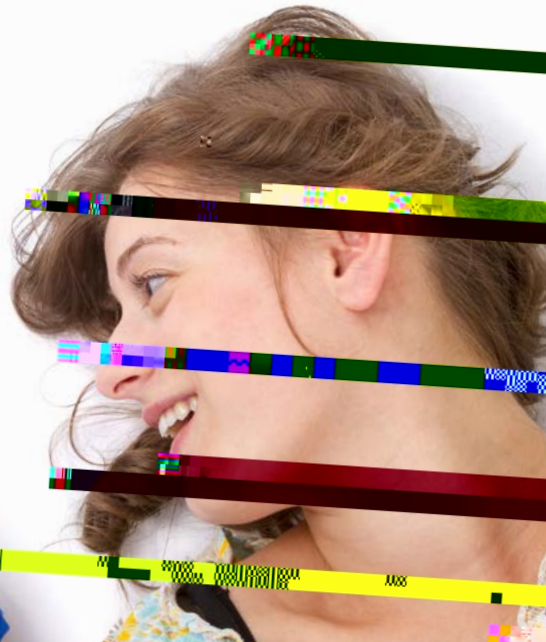
As there is no whooping cough-only vaccine, the vaccine you will be offered also protects against polio, diphtheria and tetanus. It is the same vaccine that is routinely given to children before they start school. All the parts of the vaccine are killed (inactivated) and it can be safely given in pregnancy.

The vaccination programme is highly effective at protecting babies against whooping cough from birth and women still need to be vaccinated

Are there any side effects from having the vaccine whilst pregnant?

You may have some mild side effects from the vaccine that are common, such as swelling, redness or tenderness where the vaccine is given. Serious side effects are extremely rare, especially in adults. There are no safety concerns specific to having the vaccine during pregnancy.

Your baby will still need their routine vaccinations from 8 weeks of age



before they were old enough to

## **How does getting vaccinated during pregnancy protect my baby?**

The immunity you acquire from the vaccine will be passed to your baby through the placenta. This will help protect your baby in the first few vulnerable weeks of its life until he or she is old enough to have the vaccine at 2 months of age. Babies are offered whooping cough vaccination at 8, 12 and 16 weeks of age as part of their routine immunisations.

## **Will the vaccine definitely mean my baby doesn't get whooping cough?**

No vaccination guarantees 100% protection but this programme has been in place since 2012 in the UK and published studies have shown that the vaccine is over 90% effective in protecting your baby from whooping cough until his or her vaccinations start at 2 months of age.

## **I'm still concerned about having a vaccination while I'm pregnant. Is there an alternative way to protect my baby from whooping cough?**

Unfortunately, there is no effective alternative. In recent years, most of the whooping cough deaths in the UK have been in young babies

### **I had the vaccination as a child and I am going to breast feed. Won't that protect my baby?**

Unfortunately, breast feeding won't provide enough protection for your baby against whooping cough.

### **I'm expecting twins – what should I do?**

One vaccination will help protect all your babies, no matter how many you are expecting.

### **What if I get pregnant again soon after the birth of my baby?**

You should get revaccinated ideally between 16 and 32 weeks of any pregnancy.

### **When will I get the vaccination?**

If you are pregnant, you should have your vaccination between weeks 16 to 32. You may be offered it when you have your mid-pregnancy scan around 18 to 20 weeks.

### **How late in my pregnancy can I have the vaccination?**

The vaccination should ideally be given anytime between 16 and 32 weeks. You can still have the vaccination up to your time of delivery, but it may be less effective after 38 weeks.

### **What should I do now?**

If you are in week 16 of your pregnancy and you haven't heard from your midwife or GP practice, contact them to arrange an appointment at the earliest opportunity.

**Whooping cough is a serious disease in young babies that can lead to permanent brain damage**

### **I've heard that I should have the flu vaccine when I am pregnant. Can I have both vaccines together?**

If you are pregnant during the flu season, then you should have the flu vaccine as early as possible in your pregnancy. If you are 16 weeks and over, then you can and should have both vaccines. The whooping cough vaccine can be given at the same time as the flu vaccine but do not wait until the winter season to have them together. Your baby will get the best protection if you have the vaccine from the 16<sup>th</sup> week of your pregnancy.

### **Where can I get more information?**

[www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

# Whooping cough and pregnancy

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## What you need to know

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whooping cough is a serious disease in babies in whom it can lead to complications resulting in hospitalisation and even death expectant mothers can protect their babies from birth by having the whooping cough vaccination whilst pregnant

the best time to get vaccinated is between weeks 16 and 32 of your pregnancy

you may be offered the whooping cough vaccine after your mid-pregnancy scan, usually performed between 18 and 20 weeks. If you have not been offered it, please ask your midwife or your GP practice

the number of babies infected with whooping cough has fallen since vaccination in pregnancy was introduced

but pregnant mothers still need to get vaccinated because the disease remains at high levels in older children and adults

remember, you can still have your whooping cough vaccination up to your time of delivery, but it may be less effective after 38 weeks

in a recent UK study of nearly 18,000 vaccinated pregnant women there was no increased risk to their pregnancies or babies from vaccination

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