
Vaccinations

It is currently recommended that **all pregnant women have flu and whooping cough vaccinations** during pregnancy. Ask your midwife or GP about this early in pregnancy.

Flu vaccine

The flu vaccine is available in winter every year and is safe at every stage of pregnancy. The flu vaccine is recommended because catching flu when pregnant can cause serious complications for both you and your baby.

Whooping cough (pertussis) vaccine

The whooping cough vaccine is recommended for all pregnant women and can be given from 20-32 weeks. Whooping cough can cause pneumonia and brain damage in young babies but having a booster vaccine will help protect your baby.

For more information visit:

- **NHS Choices**

www.nhs.uk/conditions/pregnancy-and-baby/vaccinations-pregnant/

If you are travelling, please see page 35 for information on travel vaccines

Travel safety

Always **take your maternity notes with you** if travelling away from home. If travelling far from home in the middle/late stages of pregnancy, it may be worthwhile looking up the local maternity unit in case you need any urgent care whilst away.

Cycling

Riding a bicycle in pregnancy should be approached with caution, due to the risk of falling which may harm you or your baby. Because your joints are less stable, your centre of gravity is altered (the bump tends to overbalance you) and your reactions are slower. It might be best to avoid cycling unless you are used to doing it regularly but take extra care when doing so.