During pregnancy women need to be immunised against whooping cough (pertussis) and flu (influenza) to protect themselves and their babies.

**FLU**

- Immunisation *any time* during pregnancy provides the best protection from flu related complications
- Pregnant women are 5 times more likely than other women to be admitted to ICU from flu
- Immunisation helps protect the baby until they can receive their first vaccine at 6 months of age

**WHOOPING COUGH**

- Immunisation from **20 weeks** is the best way to prevent whooping cough in newborns
- Many babies younger than 6 months of age who get whooping cough will require hospitalisation
- Immunisation helps protect the baby until they can receive their first vaccine at 6 weeks of age