



Planning a Pregnancy

“Tips to help make a healthy baby”

Vaccinations recommended before, during or after pregnancy

Measles, Mumps and Rubella

If you were born after 1960 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.

Whooping Cough

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

Flu

You can be vaccinated against influenza before or during your 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 hospitalised 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.

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 vaccination 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.



Where can I get more information?

- Speak to your doctor or midwife
- Contact the Centre for Disease Control Immunisation Section.

Darwin:	8922 8044
Alice Springs:	8951 7549
Tennant Ck:	8962 4259
Katherine:	8973 9049
Nhulunbuy:	8987 0359

Web: <http://www.nt.gov.au/health/cdc/immunisation/immunisation.shtml>

Acknowledgements:

Adapted from *Planning a Pregnancy?: tips to help make a healthy baby*. Developed by members of the South Australian Immunisation Coordination Unit and the SA Immunisation forum.

Reference: NHMRC *The Australian Immunisation Handbook 8th Edition 2003*.

Stop Smoking
Avoid Alcohol
Take Folic Acid
Check Immunisations

Talk to your Doctor