

A person's immune system is slightly weakened when they are pregnant, putting them at higher risk from certain infections and potential complications.

And because a pregnant woman shares her immune system with the unborn baby, some infections she contracts can also affect the baby.



Protect yourself and your family by getting vaccinated!



Scan the QR code to learn more at the **European Vaccination Information Portal**
vaccination-info.europa.eu/en

Vaccination for new and expecting parents

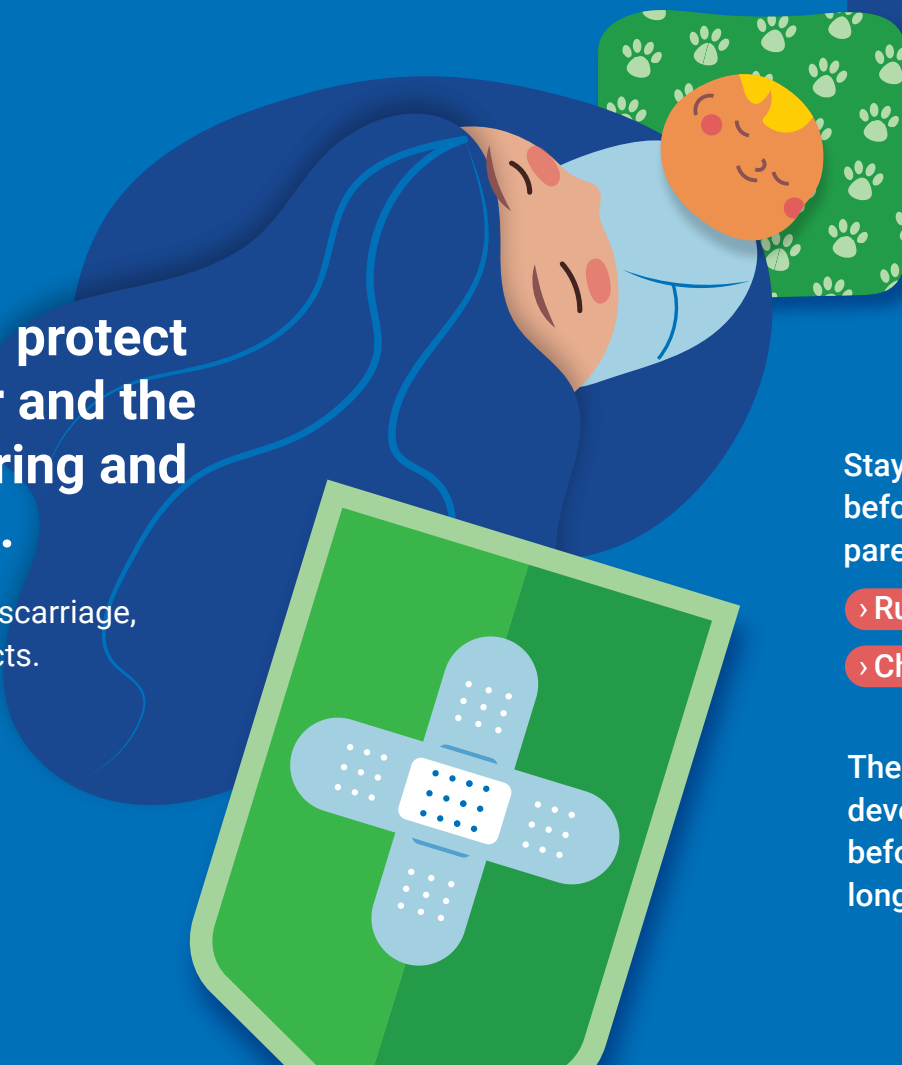


**EUROPEAN VACCINATION
INFORMATION PORTAL**
An initiative of the European Union



Vaccination can protect both the mother and the baby before, during and after pregnancy.

It can reduce the risk of miscarriage, as well as congenital defects.



Vaccination **before** pregnancy

Staying up to date with vaccinations before pregnancy helps protect both parents and babies from:

- › Rubella (German measles)
- › Chickenpox (varicella)

These infections can cause developmental disorders in babies before they are born, leading to long-term disability and even death.



Vaccination **during** pregnancy

(maternal vaccination)

Vaccination protects against potentially severe disease and complications during pregnancy. It also helps protect newborns from dangerous infections.

Maternal vaccination can protect against **whooping cough** (pertussis), **RSV** (respiratory syncytial virus), **flu** (influenza) and **COVID-19**.