NSW Immunisation schedule

Visit the NSW Health website to view the current NSW Immunisation Schedule at:
www.health.nsw.gov.au/immunisation/schedule

Save the Date to Vaccinate

It's important to make sure that vaccinations are given **on time** so that babies are protected early and not at risk of catching serious diseases. The 'Save the Date to Vaccinate' phone App may help you ensure that your child's vaccinations are given on time.

Check out the 'Save the Date to Vaccinate' website for useful information and resources such as the ability to print a personalised immunisation schedule for your child(ren) and videos at www.immunisation.health.nsw.gov.au

My Personal Health Record (Blue Book)

It's important to bring your child's Blue Book to each appointment to have your child's vaccinations recorded by the doctor/nurse.

Adult Vaccination Record Form

A *Vaccine administration record for adults* form is available at www.health.nsw.gov.au/immunisation which may help you keep track of your immunisations.

MORE INFORMATION

NSW Health website

www.health.nsw.gov.au/immunisation

Australian Childhood Immunisation Register website

www.humanservices.gov.au/customer/services/medicare/australian-childhood-immunisation-register

Australian Government Department of Health Immunise Australia Program

www.immunise.health.gov.au

NSW Antenatal Pertussis Vaccination Program

www.health.nsw.gov.au/protectnewborns

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Pregnancy

Protection and vaccination from preconception to birth

NSW GOVERNMENT | Health

BEFORE YOU BECOME PREGNANT

Before becoming pregnant, it is important that you are up to date with your vaccinations as your immunity will be passed to your baby and will provide protection in the first weeks of life before they can be vaccinated. Some infections can harm your pregnancy so it's best to be protected before you get pregnant. A simple blood test can show whether you are protected or not.

Measles, Mumps and Rubella (MMR)

If you catch measles, mumps or rubella during pregnancy you could have a miscarriage, premature delivery or your baby could be born with serious birth defects. If you are not protected, you should be vaccinated. It is important that you **do not become pregnant for 28 days after vaccination.**

Varicella (chickenpox)

Chickenpox can cause severe birth defects if you catch it during pregnancy. You should be vaccinated if you are not protected. **Following vaccination, you must avoid becoming pregnant for 28 days.**

WHILE YOU ARE PREGNANT

Hepatitis B

All pregnant women are tested for hepatitis B infection as it can pass to their baby during birth. If you have the disease, you should be seen by a specialist and your baby will need to be treated with a medication called 'immunoglobulin' and receive hepatitis B vaccine immediately after birth. Without this treatment, your baby can develop chronic hepatitis B infection, which can lead to serious health problems such as liver damage or liver cancer.

Whooping Cough (pertussis)

The best time to be vaccinated against whooping cough is in the third trimester (preferably at 28 weeks) of every pregnancy. This will provide early protection for you and your baby as the antibodies pass to your baby in the womb. Whooping cough vaccination during pregnancy is safe for both the mother and her unborn baby.

You should also ask your partner, your baby's grandparents and any other close adult carers to be vaccinated at least two weeks before your baby is born if they have not had a whooping cough vaccine in the past 10 years.

Flu (influenza)

Flu illness in pregnancy can be serious with an increased risk of premature labour and low birth weight. Flu vaccination during pregnancy is safe and effective and is strongly recommended for all pregnant women. Flu vaccine is free for pregnant women and also provides protection for your baby in the womb and for up to six months after birth.

AFTER THE BIRTH OF YOUR BABY

It is safe for you to receive routine vaccinations immediately after birth, even if you are breast feeding. You should have the whooping cough vaccine before you leave hospital if you were not vaccinated in the third trimester of your pregnancy.

Your baby's first vaccination, hepatitis B, is recommended just after birth and the next scheduled vaccinations are due when your baby is 6-8 weeks of age.

Babies born to mothers with hepatitis B infection need a blood test 3 months after completing the course of hepatitis B vaccine to ensure they are protected. You and your doctor may be sent a reminder letter from NSW Health.

It is important that you are up to date with your vaccinations as your immunity will be passed to your baby.