From 16 weeks of every pregnancy, you can get a **FREE** whooping cough vaccine from many pharmacies, your medical centre or other healthcare provider.

For more information about getting immunised against whooping cough

- talk to your doctor, nurse, midwife, local pharmacist or healthcare provider
- call the **Vaccination Healthline** on **0800 28 29 26**
- visit **info.health.nz/pregnancy**





Protecting your pēpi from **Whooping Cough** starts during pregnancy

Te Kāwanatanga o Aotearoa
New Zealand Government

Health New Zealand
Te Whatu Ora

NIP8711 | Whooping Cough - DL | 09.04.25

Whooping cough (also known as pertussis) is highly contagious and can cause serious harm to newborn babies.

Getting your whooping cough immunisation **every** pregnancy protects **each** pēpi when they are born.

The whooping cough immunisation is **FREE** and is most effective when given from 16 weeks of pregnancy.

What is whooping cough?

Whooping cough (pertussis) is a very contagious disease very easily spread by coughing and sneezing. It causes breathing difficulties and severe coughing fits, and the cough can last for weeks or months.

How serious is it?

Whooping cough can be severe in pēpi and may lead to pneumonia, seizures, and other neurological (brain) issues. More than half of babies under 12 months old who catch pertussis need to go to hospital, and up to 1 in 50 of these babies may die. If the mother receives whooping cough protection during pregnancy around 90% of young pēpi are protected from going to hospital.

How to protect your pēpi

Immunisation provides the best protection for you and your pēpi.

When a pregnant person has their pertussis vaccine during pregnancy the antibodies made by the mother pass through the placenta and will provide pēpi with good immunity when they are born.

Vaccination is encouraged in **every** pregnancy to protect **each** baby. The vaccine is recommended from 16 weeks of pregnancy.

Whooping cough is particularly dangerous for babies who have not completed their infant vaccines. For this reason, it is important that pēpi receive their vaccinations on time starting at 6 weeks of age. If you do not have a doctor or healthcare provider, call the **Vaccination Healthline** on **0800 28 29 26** for help to arrange these.