

# Recommended Vaccinations

Having your vaccinations up to date protects both you and your baby

	What vaccinations can I have? <sup>1</sup>	When can I get vaccinated?
<b>Before pregnancy</b>	→ Influenza (flu)	At any time
	→ COVID-19	At any time
	→ Hepatitis B	At any time
	→ Pneumococcal	At any time
	→ Measles, Mumps, Rubella (MMR) <sup>2</sup>	At least 28 days before falling pregnant (for live vaccines)
	→ Chickenpox <sup>2</sup>	At least 28 days before falling pregnant (for live vaccines)
<b>During pregnancy</b>	→ Influenza (flu)	At any time
	→ COVID-19	At any time
	→ Hepatitis B	At any time
	→ Pneumococcal	At any time
	→ Whooping cough (pertussis)	Between 20 - 32 weeks pregnant
<b>Breastfeeding</b>	→ Influenza (flu)	At any time
	→ COVID-19	At any time
	→ Hepatitis B	At any time
	→ Pneumococcal	At any time
	→ Measles, Mumps, Rubella (MMR) <sup>2</sup>	At any time
	→ Whooping cough (pertussis)	At any time

1. Check your immunisation record and speak to your doctor to see if your vaccinations are up-to-date.

2. Live vaccines include MMR (measles, mumps, rubella), varicella (chickenpox)

For more information, visit: [www.immunisationhandbook.health.gov.au](http://www.immunisationhandbook.health.gov.au)

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