

## Minor Ailment Service

Pregnant women and children under 16 years old are eligible for the Minor Ailment Service (MAS) which is provided by NHS community pharmacies across Scotland.

You can register with and use your community pharmacy as the first port of call for the consultation and treatment of common self-limiting illnesses. The pharmacist can advise, treat or refer you to another healthcare professional according to your needs.

## Seasonal flu vaccine

Having flu while pregnant can have more of an impact, putting you and your developing baby at risk of complications such as stillbirth, low birth weight and early labour. The flu vaccine is the best way to help protect yourself and your baby against flu. It's safe for your baby, and for you, at any stage of your pregnancy. It is available from October to March and it is free. It is so important for your health and your baby's health to have the flu vaccine. For more information visit [www.immunisationscotland.org.uk/flu](http://www.immunisationscotland.org.uk/flu)

## Whooping cough vaccine

Immunisation against whooping cough is recommended as soon as possible from week 16 of your pregnancy. By having the vaccine while pregnant you will help protect your unborn baby from getting whooping cough in his or her first weeks of life. Talk to your midwife, practice nurse or GP and make an appointment to get immunised as soon as possible. For more information, visit [www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk)

## Infections during pregnancy

If you have a rash or come in contact with someone with a rash during your pregnancy, you must let your midwife, GP or obstetrician know immediately.

Please avoid any antenatal clinic, maternity setting or other pregnant women until you have been assessed.



Any illness where you have a fever and a rash may be due to you having an infectious disease which could harm your unborn baby. You may be offered tests to find out if you have been infected. The health professional that assesses you will need to know

- how many weeks pregnant you are
- when the contact with someone with a rash illness was
- the date that you first developed or had contact with someone with a rash
- a description of the rash (e.g. is it a raised, bumpy rash or is it blisters filled with fluid?)
- what infections you have had in the past e.g. chicken pox
- what immunisations you have previously had.

## Rubella (German measles)

Rubella is usually a mild illness, but if you are infected in the first 20 weeks of pregnancy it can harm your baby and may affect development, causing deafness and blindness for example.

Most women in the UK are immune to rubella thanks to uptake of vaccines against rubella, which are now given as measles, mumps and rubella (MMR) immunisation. If you are not sure whether you have had two doses of the MMR vaccine, you can check your immunisations record with your GP.

If you have not had two doses of the vaccine, your GP will give you health advice and you may be offered immunisation after giving birth. You should contact your midwife or GP if you develop a rash or come into contact with someone with a rash during pregnancy.