

# If you could get pregnant...



## ... act now to protect against German measles

German measles (rubella) caught during pregnancy can very seriously damage your unborn baby.

Speak to your GP, health visitor or family planning advisor to check that you are

protected against rubella before you get pregnant.

**For more information pick up a leaflet or visit [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations) or [www.sense.org.uk](http://www.sense.org.uk)**