



Why should I get vaccinated against chickenpox?

The varicella zoster virus (VZV) causes chickenpox when it is first infected - mostly in childhood - after which it remains in the body for life and can, for example, cause shingles if the immune system is weakened. Not all women of sexually mature age are immune and safe from an acute chickenpox infection after they have suffered an illness. If the first infection



was very weak, sometimes nobody can remember the chickenpox. There is then uncertainty about the immune protection!

Because a fresh infection during pregnancy can cause severe damage to the unborn in women who are not yet immune, every woman who wishes to have children should have an active vaccination before pregnancy.

**The phrase "I had chickenpox as a child" is not considered safe enough.
Vaccination is very well tolerated!**

Vaccination against chickenpox is a standard vaccination, especially for women who wish to have children, and is covered by the health insurance fund.

If the mother becomes infected with chickenpox in the first or second trimester of pregnancy, this can trigger a varicella syndrome in the newborn. This risk (shortened limbs, skin disorders, hydrocephalus and eye diseases) lies in the presence of an infection between the ages of 13-20. week of gestation at least 2.5%.

If a varicella infection proceeds without symptoms during pregnancy, shingles can manifest itself in infancy. A particularly high risk of severe varicella in newborns is due to maternal chickenpox infections in the period 2 days before to 5 days after the birth.

In pregnant women who are not immune, varicella-zoster immunoglobulin (VZIG) can be administered within 72 hours. This prevents maternal infection or transmission to the unborn child in around half of all cases.

If you do not want a vaccination against chickenpox or cannot have it carried out because of your desire to have children, only a varicella antibody examination can clarify your immunity.

