

Recommended Vaccines During Pregnancy

Influenza Vaccine (Flu Shot)

Influenza is a virus that affects many people during the winter months. The CDC estimates that 12,000 – 56,000 people in the US die from the flu each year. **Pregnant people are more likely to become seriously ill if they contract the flu.**

Influenza during pregnancy increases the risk of **preterm birth**. Fevers during early pregnancy can also adversely affect normal **fetal development**. If you do contract the flu during pregnancy, **antiviral medications** may be needed.

Getting a flu shot during pregnancy protects you and your baby. Your baby will be born with **antibodies** against the flu, which improve immunity during the first months of life. Babies under 6 months of age cannot get the flu shot.

The influenza vaccine is recommended for all pregnant people and is safe at any point during pregnancy. For maximum protection during flu season, get vaccinated by late October. Please note that the “flu shot” is made from an inactivated virus. Avoid the nasal spray vaccine during pregnancy—this version of the vaccine is made from a live virus.

Tdap (Tetanus, Diphtheria, and Pertussis) Vaccine

This vaccine is strongly recommended for all pregnant people in order to protect newborns against **pertussis (whooping cough)**. If you receive a Tdap vaccine between 27 and 36 weeks gestation, your baby will be born with **antibodies** against pertussis.

Pertussis can be difficult to identify in newborns, because some infected newborns do not cough. However, this infection can cause serious and sometimes fatal respiratory complications. Babies do not normally receive the pediatric **DTaP (diphtheria, tetanus, and pertussis) vaccine** until 2 months of age.

The Tdap vaccine is recommended for all pregnant people between 27 and 36 weeks in order to maximize immune benefits for the baby. This recommendation applies to pregnant people who have already been vaccinated.

Other Vaccines

Some vaccines may be recommended based on your risk status. These vaccines include Hepatitis A, Hepatitis B, Meningococcal (ACWY), Meningococcal (B), and Polio. Other vaccines may be recommended if you have been exposed to a disease or are traveling.

Some vaccines are contraindicated during pregnancy. These vaccines include Human Papillomavirus (HPV), MMR (mumps, measles, and rubella), Varicella (chickenpox), Zoster (protects against shingles), and BCG (protects against tuberculosis— not normally used in the US).