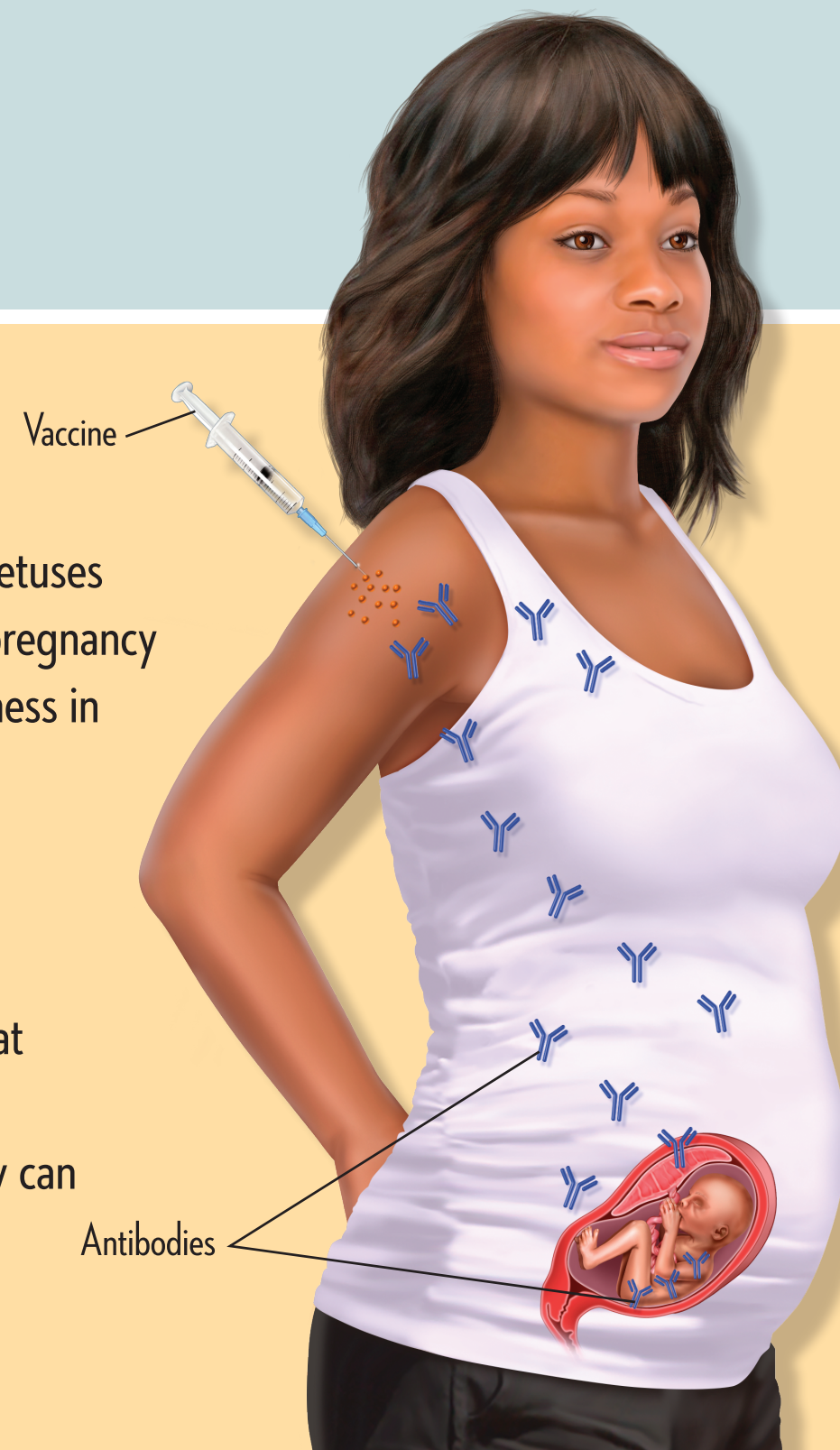


# Vaccines During Pregnancy

Influenza (the flu) and pertussis (whooping cough) are serious illnesses, but the flu shot and the whooping cough shot (also called Tdap<sup>†</sup>) can keep you healthy and help protect your newborn. All women should get these shots during pregnancy.



## THE FLU VACCINE IS

- Safe for pregnant women and their fetuses when given during any trimester of pregnancy
- Effective at preventing serious flu illness in pregnant women.

## HOW DOES IT PROTECT MY BABY?

- The flu vaccine creates antibodies that are passed to a fetus, which gives protection against the flu until a baby can get the flu shot at age 6 months.

## THE WHOOPING COUGH (Tdap) VACCINE IS

- Safe for pregnant women and their fetuses
- Recommended between 27 weeks and 36 weeks of each pregnancy

## HOW DOES IT PROTECT MY BABY?

- The Tdap vaccine creates antibodies that are passed to a fetus, which gives protection against whooping cough until a baby can get his or her first whooping cough shot at age 2 months.

**PROTECT YOURSELF AND YOUR BABY.  
GET YOUR FLU AND WHOOPING COUGH (Tdap) SHOTS  
DURING EACH PREGNANCY.**

Visit [www.acog.org/immunization](http://www.acog.org/immunization) for more information on vaccines during pregnancy and other adult vaccines.

<sup>†</sup>Tdap is short for tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis, which is a vaccine that is given to adolescents and adults.

The nasal spray flu vaccine should not be used by pregnant women.

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## VACCINES— GET THE FACTS

### FACT

Pregnant women who get the flu can become much sicker than nonpregnant women who get the flu. Pregnant women with flu complications have more medical visits and more hospitalizations. The flu shot offers you the best protection.

### FACT

Babies younger than 3 months have the highest risk of severe disease and of dying from whooping cough. A baby cannot be vaccinated until he or she is 2 months old, so the baby's best protection is you getting the Tdap shot during pregnancy.

### FACT

Getting shots during pregnancy will not make you sick or harm your fetus. Current research shows that vaccines do not cause pregnancy problems, birth defects, or autism in children. Vaccines have been used for many years in millions of pregnant women.