

Important Vaccines During Pregnancy

Flu Vaccine During Pregnancy

The Centers for Disease Control and Prevention (CDC) recommend that **all pregnant women receive a flu vaccine.**¹ The flu is more likely to cause severe illness that results in hospitalization in pregnant women and may be harmful for the developing baby. The flu vaccine is safe to be given during any trimester to help protect both the pregnant mother and the baby from the flu.

- Pertussis (also known as “whooping cough”) – causes uncontrollable violent coughing that makes it hard to breathe, eat or drink. **Infants are most at risk for severe, life-threatening complications from whooping cough.**³

After receiving the Tdap vaccine, antibodies are created and passed to the baby before birth, which provides babies with short-term protection until they can get vaccinated at two months old.

Tdap Vaccine During Pregnancy

The CDC recommends that **pregnant women receive the Tdap (Tetanus, diphtheria, and pertussis) vaccine during every pregnancy, preferably between weeks 27 and 36.**² This vaccine is very safe for pregnant women and their babies and protects against:

- Tetanus – causes painful stiffening of the muscles
- Diphtheria – can lead to difficulty breathing, heart failure, paralysis, or death

COVID-19 Vaccine During Pregnancy

The CDC recommends that individuals who are **pregnant, breastfeeding, attempting to get pregnant, or who might become pregnant** get the updated COVID-19 vaccine.⁴ This vaccine is safe, effective, and has benefits for both the pregnant mother and the baby.

Where Can I Get a Flu, Tdap and COVID-19 Vaccine?

You can get these vaccines at your primary care provider’s office, your obstetrician’s office, and/or at a local pharmacy. **Ask your care team about getting these vaccines at your next appointment.**



¹ The Centers for Disease Control and Prevention (CDC). *Flu Vaccine Safety and Pregnancy*. https://www.cdc.gov/flu/highrisk/qa_vacpregnant.htm.

² The Centers for Disease Control and Prevention (CDC). *Tdap Vaccination for Pregnant People*. https://www.cdc.gov/pertussis/vaccines/tdap-vaccination-for-pregnant-people.html?CDC_AAref_Val=https://www.cdc.gov/pertussis/pregnant/mom/vacc-effectiveness.html.

³ The Centers for Disease Control and Prevention (CDC). *Tdap (Tetanus, Diphtheria, Pertussis) Vaccine Information Statement*. <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.html#:~:text=Tdap%20is%20only%20for%20children,protect%20the%20newborn%20from%20pertussis>.

⁴ The Centers for Disease Control and Prevention (CDC). *COVID-19 Vaccination for People Who Are Pregnant or Breastfeeding*. <https://www.cdc.gov/covid/vaccines/pregnant-or-breastfeeding.html>