



Vaccines/Immunizations & Pregnancy

Seasonal flu vaccines

Seasonal flu vaccines are recommended during pregnancy to reduce the risk of serious infections in moms and their babies. Influenza is 5 times more likely to cause severe illness in pregnant women than in women who are not pregnant. The best way to protect your newborn baby is to be vaccinated and to breast feed.

Influenza vaccines have been given to millions of pregnant women over the last decade and have not been shown to cause harm to women or their infants. The vaccine can be given to pregnant women in any trimester. Pregnant women should receive the inactivated vaccine (flu shot) but should NOT receive the live attenuated vaccine (nasal spray). Postpartum women, even if they are breastfeeding, can receive either type of vaccine. If you are planning to become pregnant or are currently pregnant talk with your doctor about getting vaccinated. For more information visit www.cdc.gov/flu.

TDAP Vaccine

The American College of Gynecology (ACOG) recommends that every unvaccinated pregnant woman and her family members receive a Tdap (Tetanus Toxoid, Diphtheria Toxoid, and Acellular Pertussis) vaccine during the late second trimester (ie, after 20 weeks of gestation) or 3rd trimester of pregnancy. We recommend you contact your primary care physician to receive this vaccine.

Varicella vaccine – You should NOT receive varicella vaccine during your pregnancy. It is recommended that you receive it MORE than 4 weeks prior to conception or that you receive it postpartum.

MMR

You should NOT receive the MMR vaccine during pregnancy. It is recommended that you receive it MORE than 4 weeks prior to conception or that you receive it postpartum.

HPV vaccine

You should NOT receive this vaccine during pregnancy.

For more information on all vaccines, including travel vaccines please visit www.cdc.gov/vaccines or if you have a specific question you may email your question to cdcinfo@cdc.gov or you may call 800-CDC-INFO (232-4636).