

IMMUNIZATION & Pregnancy



SAFER • HEALTHIER • PEOPLE™

Vaccines help keep a pregnant woman and her growing family healthy.

Before pregnancy

- ▶ Before becoming pregnant, a woman should be up-to-date on routine adult vaccines. This will help protect her and her child. Live vaccines should be given a month or more before pregnancy. Inactivated vaccines can be given before or during pregnancy, if needed.

During pregnancy

Did you know that a mother's immunity is passed along to her baby during pregnancy? This will protect the baby from some diseases during the first few months of life until the baby can get vaccinated.

- ▶ **Flu Vaccine**
It is safe, and very important, for a pregnant woman to receive the inactivated flu vaccine. A pregnant woman who gets the flu is at risk for serious complications and hospitalization. To learn more about preventing preventing the flu, visit the CDC website <http://www.cdc.gov/flu>.
- ▶ **Travel**
Many vaccine-preventable diseases, rarely seen in the United States, are still common in other parts of the world. A pregnant woman planning international travel should talk to her health professional about vaccines. Information about travel vaccines can be found at CDC's traveler's health website at <http://wwwnc.cdc.gov/travel/>
- ▶ **Childhood Vaccines**
Pregnancy is a good time to learn about childhood vaccines. Parents-to-be can learn more about childhood vaccines from the CDC parents guide at <http://www.cdc.gov/vaccines/pubs/flyers-brochures.htm>. Also, the child and adolescent vaccination schedule can be downloaded and printed at <http://www.cdc.gov/vaccines/spec-grps/default.htm>.

After pregnancy

- ▶ It is safe for a woman to receive vaccines right after giving birth, even while she is breastfeeding. A woman who has not received the new vaccine for the prevention of tetanus, diphtheria and pertussis (Tdap) should be vaccinated right after delivery. Vaccinating a new mother against pertussis (whooping cough) reduces the risk to her infant too. Guidelines can be found at http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5704a1.htm?s_cid=rr5704a1_e. Also, a woman who is not immune to measles, mumps and rubella and/or varicella (chicken pox) should be vaccinated before leaving the hospital. If inactivated influenza vaccine was not given during pregnancy, a woman should receive it now because it will protect her infant. LAIV may be an option.

Visit CDC's website at <http://www.cdc.gov> for more information. Or get an answer to your specific question by e-mailing cdcinfo@cdc.gov or calling **800-CDC-INFO (232-4636)** · 24/7 · English or Spanish