

Discuss vaccinations before, during, and after pregnancy with your health care provider. Many vaccines are beneficial to the health of your baby and yourself.

Vaccines and Pregnancy

Vaccination BEFORE pregnancy:

Before becoming pregnant, you should be up-to-date on routine adult vaccines. This will help protect you and your child. Discuss vaccines with your health care provider. In general:

- ◆ Live vaccines should not be given within a month before getting pregnant or during pregnancy.
- ◆ Inactivated (killed) vaccines may be given at any time before or during pregnancy, if needed.

Vaccination DURING pregnancy:

If you are pregnant, your health care provider will help you decide which vaccinations you need based on:

- ◆ Your age.
- ◆ Lifestyle.
- ◆ High-risk conditions.
- ◆ Type and locations of travel.
- ◆ Previous vaccinations.

To see recommended vaccines for pregnant women, see **Immunization & Pregnancy** on pages 99 and 100.

Vaccination AFTER pregnancy:

It is safe for a woman to receive vaccines right after giving birth and when breastfeeding. Vaccines can help protect mothers, including:

- ◆ Tetanus, diphtheria and pertussis (Tdap) – if not received during pregnancy.
- ◆ Measles, mumps and rubella (MMR).
- ◆ Varicella (chickenpox).
- ◆ Influenza – if not received during pregnancy.

While you are pregnant and a short time after the baby is born, your baby has the same immunity and protection from disease that you do. This is temporary. The baby must be vaccinated to develop his/her own immunity.

Pregnant Women and International Travel:

Many diseases, rarely seen in the United States, are common in other parts of the world. A pregnant woman planning international travel should talk to her health care provider about vaccines.



Your health care provider should have a record of all the vaccines you have been given. You should also keep a record.

For more on vaccines and pregnancy see:

Centers for Disease Control and Prevention (CDC):

Pregnant Women and Vaccines

www.cdc.gov/vaccines/parents/pregnant.html

Pregnant Travelers

wwwnc.cdc.gov/travel/yellowbook/2012/chapter-8-advising-travelers-with-specific-needs/pregnant-travelers.htm

Immunizations for Infants and Toddlers

www.cdc.gov/vaccines/parents/infants-toddlers.html

U.S. Department of Health and Human Services (HHS):

Flu Vaccination & Vaccine Safety

www.flu.gov/prevention-vaccination/vaccination/index.html

Vaccines, Who & When: Adults

www.vaccines.gov/who_and_when/adults/index.html

Immunization & Pregnancy

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 the flu, visit the CDC website www.cdc.gov/flu.

▶ Tdap Vaccine

A pregnant woman should receive the adult tetanus, toxoid reduced diphtheria toxoid, acellular pertussis vaccine (Tdap) after 20 weeks gestational age if she has not already received the vaccine. Vaccinating at this gestational age will help prevent pertussis in mom and in the newborn infant.

▶ 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 www.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 and from the child and adolescent vaccination schedules. This information can be downloaded and printed at www.cdc.gov/vaccines.

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. 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 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) · English or Spanish

National Center for Immunization and Respiratory Diseases
Immunization Services Division



Immunization & Pregnancy

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



Vaccine	Before pregnancy	During pregnancy	After pregnancy	Type of Vaccine	Route
Hepatitis A	Yes, if at risk	Yes, if at risk	Yes, if at risk	Inactivated	IM
Hepatitis B	Yes, if at risk	Yes, if at risk	Yes, if at risk	Inactivated	IM
Human Papillomavirus (HPV)	Yes, if 9 through 26 years of age	No, under study	Yes, if 9 through 26 years of age	Inactivated	IM
Influenza TIV	Yes	Yes	Yes	Inactivated	IM, ID (18-64 years)
Influenza LAIV	Yes, if less than 50 years of age and healthy; avoid conception for 4 weeks	No	Yes, if less than 50 years of age and healthy; avoid conception for 4 weeks	Live	Nasal spray
MMR	Yes, avoid conception for 4 weeks	No	Yes, give immediately postpartum if susceptible to rubella	Live	SC
Meningococcal: • polysaccharide • conjugate	If indicated	If indicated	If indicated	Inactivated Inactivated	SC IM
Pneumococcal Polysaccharide	If indicated	If indicated	If indicated	Inactivated	IM or SC
Tetanus/Diphtheria Td	Yes, Tdap preferred	Yes, Tdap preferred if 20 weeks gestational age or more	Yes, Tdap preferred	Toxoid	IM
Tdap, one dose only	Yes, preferred	Yes, preferred	Yes, preferred	Toxoid/ inactivated	IM
Varicella	Yes, avoid conception for 4 weeks	No	Yes, give immediately postpartum if susceptible	Live	SC

For information on all vaccines, including travel vaccines, use this table with www.cdc.gov/vaccines

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