

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 the flu, visit the CDC website 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 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 at www.cdc.gov/nip/publications/Parents-Guide/default.htm. Also, the child and adolescent vaccination schedule can be downloaded and printed at www.cdc.gov/nip/recs/child-schedule.htm#Printable.

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. Guidelines can be found at www.cdc.gov/nip/recs/provisional_rec/tdap-preg.pdf. Also, a woman who is not immune to measles, mumps and rubella and/or varicella (chicken pox) should be vaccinated before leaving the hospital.

Visit CDC's website at www.cdc.gov/nip/publications/preg_guide.htm
or www.cdc.gov/nip for more information. Or get an answer to
your specific question by e-mailing cdcinfo@cdc.gov or calling
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