



VACCINES IN PREGNANCY: Supporting Healthy Pregnancies

If you are pregnant or planning to become pregnant, vaccines are vital to prevent infections and diseases for you and your baby before, during, and after pregnancy. Antibodies from the vaccines you receive when pregnant can be passed on to your baby during pregnancy¹ and through breastmilk after birth,² keeping your baby safe until they are old enough to receive their own vaccines.

Vaccine Recommendations for People Who Are Pregnant

Vaccinations are a vital aspect of prenatal care. They help protect people who are pregnant and their babies from preventable diseases. These three vaccines are safe and recommended to get before and during pregnancy¹:

- The tetanus-diphtheria-pertussis (Tdap) vaccine protects against whooping cough (pertussis) and should be given during every pregnancy.
- The influenza (or flu) vaccine protects against the flu when given during flu season.
- The COVID-19 vaccine protects against potentially severe and life-threatening symptoms from COVID-19.

Keeping Your Baby Safe by Keeping Your Friends and Family Vaccinated

If friends and family will be in contact with your newborn baby, they should be up to date on the whooping cough vaccine at all times and the flu vaccine during flu season. If these vaccines are not current, your family and friends should receive them at least two weeks before coming in contact with the parent and newborn. These two vaccines should be up to date for children and adults before they come in contact with your newborn baby³:

- The diphtheria, tetanus, and pertussis (DTaP) vaccine should be given to children.
- The Tdap vaccine should be given to preteens, teens, and adults.

Vaccines are rigorously researched, tested, and monitored before they are given to the public,⁴ and the vaccines in this article are safe for a person who is pregnant and their baby.¹ If you have any concerns about reactions or side effects of vaccines, please talk with your doctor.

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References

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