

Immunization Before, During, and After Pregnancy

Getting vaccines can help protect you and your growing family from some harmful diseases. This handout lists the vaccines recommended before, during, and after your pregnancy.

Before your pregnancy

Make sure you're up-to-date on all routine adult vaccines. Your healthcare provider can tell you which ones are right for you. The Centers for Disease Control and Prevention (CDC) recommends these vaccines for women planning a pregnancy:

- MMR** (measles, mumps, and rubella)
- Influenza** ("flu")
- Chickenpox**
- Hepatitis B**

If you find out that you were actually pregnant at the time you got any of these vaccines, tell your provider.

Why now? You want to be as healthy as possible before you get pregnant—and you want to protect your future pregnancy from illnesses that could harm you and your baby.

During your pregnancy

The CDC recommends these vaccines for pregnant women:

- Influenza.**
- Tdap** (tetanus, diphtheria, and pertussis or "whooping cough").
- "Travel vaccines."** If you plan to travel outside the U.S., you may need protection against diseases that are rare here but common in other parts of the world. Ask your healthcare provider about them.

What do I need to do next?

- 1** Make sure you're up-to-date on all routine adult vaccines.
- 2** Make sure that everyone who lives with, or cares for, your newborn is up-to-date on all routine vaccines.
- 3** Remind everyone who's around your newborn to wash their hands and cover coughs and sneezes to prevent the spread of germs.

Why now? During pregnancy, the flu can cause serious problems for you and your growing baby. A flu vaccine offers safe protection for both of you. Also, the protection you get from some vaccines is passed on to your baby and continues in the first few months of life. Your newborn can get a head start on good health.

After your pregnancy

Everyone who lives with, or cares for, your new baby should be up-to-date on all routine vaccines, particularly the flu and Tdap vaccines.

Why now? Newborns can get very sick from the flu and whooping cough, but they're too young to be vaccinated. To lower the chance that your baby will catch an illness from a close contact, make sure that those who live with or care for your new baby, including you, get their vaccines now. **Vaccines are safe for breastfeeding moms and their babies.**

