



Vaccines During PREGNANCY

Certain vaccines are recommended during pregnancy to help prevent serious illness, including flu, Tdap, COVID-19, and RSV. These vaccines help keep you healthy during pregnancy and provide your baby with early protection after birth. To further reduce the risk of illness, family members and others who will be around your baby should also be up to date on their vaccines. The recommended vaccines below have been carefully studied and are considered safe during pregnancy.

Flu Vaccine

RECOMMENDED TIMEFRAME: any trimester of pregnancy

RISK OF INFECTION: If you get the flu during pregnancy, you can become much sicker than someone who is not pregnant. The flu can be life-threatening for newborns and pregnant women.

BENEFIT OF VACCINE: The flu vaccine not only protects you from severe flu illness while pregnant, but it also creates antibodies that are passed to your unborn baby through your placenta. This provides protection from the flu until your baby is old enough to get a flu vaccine, at six months of age.

Covid-19 Vaccine

RECOMMENDED TIMEFRAME: any trimester of pregnancy

RISK OF INFECTION: Pregnant people are more likely to get seriously ill from COVID-19 than those who are not pregnant. Getting COVID-19 during pregnancy also increase the risk of pregnancy related complications.

BENEFIT OF VACCINE: This vaccine protects you from severe effects of COVID-19 and minimizes your risk of exposing your baby. Your baby can be vaccinated for COVID-19 at six months of age. Getting the vaccine during pregnancy provides your baby with protection, through antibodies, in the meantime.

Tdap Vaccine

RECOMMENDED TIMEFRAME: between 27 and 36 weeks

RISK OF INFECTION: Babies younger than three months have the highest risk of severe disease and death from whooping cough. For adults, it may seem like you have a regular cough/cold, but when infants get whooping cough, it can be life-threatening.

BENEFIT OF VACCINE: Your baby can be vaccinated for whooping cough starting at two months of age. Getting the vaccine during pregnancy creates antibodies that provide protection to your baby in the meantime.

Maternal RSV Vaccine

RECOMMENDED TIMEFRAME: between 32 and 36 weeks during the months of September - January (if you have not received it before)

RISK OF INFECTION: Respiratory syncytial virus (RSV) can be dangerous for babies and young children. RSV illness is the most common reason babies are hospitalized in the United States.

BENEFIT OF VACCINE: The maternal RSV vaccine creates antibodies that are passed to your baby during pregnancy, ensuring protection from RSV during the first six months of life. If you do not receive this vaccine in pregnancy, your baby can receive the RSV monoclonal antibody after birth.

PROTECT YOURSELF AND YOUR BABY The vaccines recommended during pregnancy are safe for both you and your baby. Extensive research shows they do not cause illness, pregnancy complications, birth defects, or autism. The infections these vaccines prevent, however, can be serious during pregnancy. Vaccination helps protect you during pregnancy and provides your baby with early protection after birth.

IF YOU HAVE CONCERNS ABOUT VACCINES DURING PREGNANCY, TALK WITH YOUR OBGYN. THEY CAN HELP YOU MAKE AN INFORMED DECISION BASED ON YOUR PERSONAL HEALTH NEEDS.



Carson Medical Group

Information adapted from



ACOG
The American College of
Obstetricians and Gynecologists

