

# IMMUNIZATION & Pregnancy



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**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](http://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](http://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/vaccines/pubs/flyers-brochures.htm](http://www.cdc.gov/vaccines/pubs/flyers-brochures.htm). Also, the child and adolescent vaccination schedule can be downloaded and printed at [www.cdc.gov/vaccines/spec-grps/default.htm](http://www.cdc.gov/vaccines/spec-grps/default.htm).

## 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. Guidelines can be found at [www.cdc.gov/vaccines/recs/provisional/downloads/tdap-preg.pdf](http://www.cdc.gov/vaccines/recs/provisional/downloads/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. 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](http://www.cdc.gov) for more information. Or get an answer to your specific question by e-mailing [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) or calling **800-CDC-INFO (232-4636)** · 24/7 · English or Spanish