



## **Vaccinations during Pregnancy**

### **Tetanus, diphtheria, and pertussis (whooping cough) or Tdap:**

All pregnant women should receive Tdap during each pregnancy, preferably between 27 and 26 weeks gestation. Because infants are not adequately protected against pertussis until they have received at least 3 doses of DTaP (vaccine given to infants and children ages 6 weeks through 6 years), it is especially important that all contact (family members, caregivers) of infants younger than age 12 months are vaccinated with Tdap. If a new mother hasn't been vaccinated with Tdap, she should receive it before hospital discharge, even if she is breastfeeding. The Tdap vaccine is given in the deltoid muscle of the arm.

### **Influenza Vaccine (Flu Shot):**

Vaccination with the inactivated vaccine is recommended for women who will be pregnant during the influenza season. Pregnant women are at an increased risk for serious medical complications from influenza. In addition, vaccination of the mother will provide some protection for her newborn infant. Vaccination is especially important for all people, including breastfeeding mothers, who are in contact with infants or children from birth through age 5 because infants are more likely to require medical care or hospitalization if infected.

The influenza vaccine is normally given each year. Each year's vaccine is formulated to prevent only that year's anticipated influenza viruses. The vaccine is given into the deltoid muscle of the upper arm. Our health care providers recommend that patients be vaccinated in October or November but the vaccine can be given as early as September. Vaccination could continue into winter and spring, even until April. The live intranasal vaccine is not licensed for use in pregnant women. However, pregnant women do not need to avoid contact with people recently vaccinated with this vaccine. Women who are breastfeeding may receive either type of influenza unless the vaccine is not appropriate because of other medical conditions.