

# From Me, *To You.*

**Recommended  
vaccinations during  
pregnancy help  
protect both you and  
your baby.**

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Getting recommended vaccinations while you're pregnant helps your body create protective antibodies (proteins produced by the body to fight off illnesses) that you can pass on to your baby.

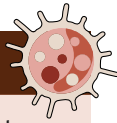
These antibodies help protect your baby from several illnesses during their first few months of life.



**Talk to a healthcare provider you  
trust about the vaccines that are right  
for you during your pregnancy.**



## Flu



Flu is a contagious respiratory illness that infects the nose, throat, and lungs.

### Why vaccination is important:

If you have the flu while you are pregnant, you are more likely to have complications that can affect your pregnancy and developing baby. Changes in your immune, heart, and lung functions during pregnancy can make you more likely to get seriously ill from flu. Babies are also more likely to get very sick from the flu and getting a flu vaccine helps protect your baby.

### When to get vaccinated:

CDC recommends an annual flu vaccine during each flu season (fall/winter), for everyone 6 months and older in the United States, including pregnant people. A flu vaccine can be given during any trimester of pregnancy.

## Whooping Cough



Whooping cough is a highly contagious illness that can cause uncontrollable, violent coughing that can make it hard to breathe.

### Why vaccination is important:

Whooping cough (also called pertussis) can be life threatening for babies. Getting a Tdap vaccine helps protect your baby from whooping cough.

### When to get vaccinated:

CDC recommends getting a Tdap vaccine between the 27th and 36th week of each pregnancy, preferably during the earlier part of this time period.

## RSV



RSV is a respiratory virus that usually causes mild, cold-like symptoms, but can be very dangerous for babies.

### Why vaccination is important:

RSV is a common cause of severe respiratory illness in infants. Vaccination during pregnancy is one way to help protect your baby.

### When to get vaccinated:

CDC recommends getting an RSV vaccine if you are 32–36 weeks pregnant during RSV season (fall/winter). If you do not get the RSV vaccine during your pregnancy, it is recommended that your baby get an RSV immunization during their first RSV season, if they are younger than 8 months.

## COVID-19



COVID-19 is a respiratory illness that causes cold-, flu-, or pneumonia-like respiratory symptoms.

### Why vaccination is important:

If you have COVID-19 during pregnancy, you are more likely to have complications that can affect your pregnancy and developing baby. Getting a COVID-19 vaccination during pregnancy can help protect babies younger than 6 months old, when they are too young to be vaccinated themselves.

### When to get vaccinated:

CDC recommends that everyone 6 months and older in the United States, including pregnant people, stay up to date on COVID-19 vaccines. A COVID-19 vaccine can be given during any trimester of pregnancy.

## Hepatitis B



Hepatitis B is a liver infection caused by the hepatitis B virus.

### Why vaccination is important:

A baby that is born to a pregnant person who has hepatitis B is at high risk for becoming infected with hepatitis B during delivery.

### When to get vaccinated:

Talk to a healthcare provider you trust about getting tested for hepatitis B during each pregnancy and to discuss whether or not you should get a hepatitis B vaccine.

All recommended vaccines are held to the highest standards of safety—meaning they are carefully studied and monitored for side effects. Vaccines, like any medicine, may have some side effects. However, most people who get vaccinated have no side effects or only mild side effects, such as redness, swelling, and tenderness at the site where the shot was given.

Strengthen your baby's immunity before they are even born. **Talk to a healthcare provider you trust about the vaccines that are right for you during your pregnancy.** Learn more about how getting vaccinated during pregnancy helps protect you and your baby:

<https://www.cdc.gov/vaccines/pregnancy/vacc-during-after.html>