Vaccines can help keep pregnant women and their growing families healthy and protected against serious diseases. Use the resources listed below to stay up-to-date on recommended vaccines for pregnant women and to help educate them about the importance of vaccination.

**General**
These websites and fact sheets help keep pregnant women and the healthcare professionals who care for them up-to-date on the vaccines needed before, during, and after pregnancy.

**Pertussis (Whooping Cough)**
Pregnant women are recommended to get Tdap vaccine during each pregnancy (preferably between 27 and 36 weeks gestation) to pass protective antibodies to the baby. Getting the vaccine during pregnancy provides newborns with some early, short-term protection against pertussis. The first few months of life are when babies are at greatest risk for catching pertussis and having severe, potentially life-threatening complications from the infection.

**Influenza (Flu)**
Flu is more likely to cause severe illness in pregnant women than in women who are not pregnant. Pregnant women with flu also have a greater chance for serious problems for their unborn baby, including premature labor and delivery. Flu shots can be given during any trimester and will protect pregnant women, their unborn babies, and even protect the baby for up to 6 months after birth.

Looking for more flu resources? Please see back page.

CDC has an infographic available in Spanish and English about the importance of protecting babies against pertussis.
Looking for more flu prevention resources?

✔ Letter to healthcare professionals:

✔ Print materials:
  (matte articles, flyers, posters, and customizable products for ob-gyns)
  - Print materials in English:
    http://www.cdc.gov/flu/freeresources/print-pregnant.htm
  - Print materials in Spanish:
    http://www.cdc.gov/flu/freeresources/print-spanish.htm

✔ Fact sheet about treating influenza (references pregnant women):

✔ Audio/Video tools:
  http://www.cdc.gov/flu/freeresources/media-video.htm
  - Video 1: Motion Comic Book (Spanish):
    (also on CDC YouTube)
  - Video 2: Flu Vaccination Info for Pregnant Women & Children:
  - Video 3: Protect Yourself, Protect Your Baby:
    http://www.cdc.gov/CDCTV/ProtectBaby/
  - Video 4: Answers to Common Questions About Vaccination Safety:
  - Podcast: Preventing Flu During Pregnancy:
    http://www2c.cdc.gov/podcasts/player.asp?f=8629986
  - Podcast: Healthbeat by the Department of Health & Human Services:

✔ Web tools: http://www.cdc.gov/flu/freeresources/web_tools.htm
  - Web buttons: http://www.cdc.gov/flu/freeresources/buttons_badges.htm
  - eCards: http://t.cdc.gov/ecards/browse.aspx?category=175
  - Animated GIF for Pregnant Women:
    http://www.cdc.gov/flu/freeresources/animated-pregnant-women.htm

National Center for Immunization and Respiratory Diseases
Office of Director

Pregnant Women Need a Flu Shot

Flu vaccine comes in two forms: an injectable form (the flu shot) and a nasal spray. The nasal spray (or LAIV) flu vaccine is not recommended for pregnant women. Pregnant women should receive the flu shot. The nasal spray is for use in healthy people 2-49 years of age who are not pregnant.

Women who are not pregnant but are breastfeeding may receive the nasal spray flu vaccine.

Influenza (the flu) is a serious illness, especially when you are pregnant.

FACT: The flu can cause serious illness in pregnant women.

Getting the flu can cause serious problems when you are pregnant. Even if you are generally healthy, changes in immune, heart, and lung functions during pregnancy make you more likely to get seriously ill from the flu. Pregnant women who get the flu are at higher risk of hospitalization, and even death, than non-pregnant women. Severe illness in the pregnant mother can also be dangerous to her fetus because it increases the chance for serious problems such as premature labor and delivery.

The flu shot is the best protection for you – and your baby.

FACT: Getting a flu shot is the first and most important step in protecting yourself against the flu.

When you get your flu shot, your body starts to make antibodies that help protect you against the flu. Antibodies can be passed on to your unborn baby, and help protect the baby for up to 6 months after he or she is born. This is important because babies younger than 6 months of age are too young to get a flu vaccine. If you breastfeed your infant, antibodies may also be passed in breast milk.

It takes about two weeks to make antibodies after getting flu vaccine. Talk to your doctor, nurse, or clinic about getting vaccinated as soon as you can.

The flu shot is safe for you and for your unborn child.

FACT: The flu shot is safe for pregnant and breastfeeding women and their infants. You can receive the flu shot at any time, during any trimester, while you are pregnant. Millions of flu shots have been given to pregnant women over many years. Flu shots have not been shown to cause harm to pregnant women or their infants.

If you have your baby before getting your flu shot, you still need to get vaccinated. The flu is spread from person to person. You, or others who care for your baby, may get the flu, and pass it to the baby. Because babies younger than 6 months are too young to receive the vaccine, it is important that everyone who cares for your baby get a flu vaccine, including other household members, relatives, and babysitters.

FACT: The side effects of the flu vaccine are mild when compared to the disease itself.

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired.