

Vaccination in Pregnancy

Many vaccines are safe during pregnancy. Working with your health care provider on a vaccination strategy will help protect you and your baby from preventable illnesses and infections.

If you are pregnant or considering a pregnancy,

it's important to discuss your vaccination history with your health care provider so you make the safest choices for you and your baby.



Tdap Vaccination Against Pertussis

Pertussis, also known as whooping cough, is a transmittable respiratory infection that can be prevented with the Tdap vaccine. Given preferably between 21 and 32 weeks of pregnancy, the vaccine provides protection to the baby until they are able to receive the pertussis vaccine at two months of age.

The Tdap vaccine is recommended in every pregnancy.

If you did not receive the vaccine during pregnancy, it can still be given after your delivery. As newborns are not immunized until after two months of age, it is vital that you are protected to avoid becoming a source of infection for your baby.

The vaccine can also be given to you while breastfeeding as some protection can be passed to your baby through breast milk. However, if you wait to get the vaccine until after your baby is born, it will take four weeks to reach peak levels of protection.

The Flu Shot

It is recommended that you get a flu shot during flu season to protect you and your baby.

Women who get the flu during pregnancy are at an increased risk of serious complications making it even more important to get vaccinated. Although basic prevention measures such as handwashing and disinfecting common surfaces are helpful, vaccination is the single best way to protect against the flu.

Other Vaccines

It is important to know that certain vaccines (such as measles, mumps, rubella, yellow fever and varicella) should **not** be given to pregnant women as there may be some risk to the fetus.

Ideally, women should receive these vaccinations at least four weeks prior to becoming pregnant.

Exposure to other vaccine-preventable diseases may occur during pregnancy and women should be aware of possible risk factors (for example, travel, exposure to infected persons or being immunocompromised).

If you are pregnant and planning on travelling,

you should discuss the risk-benefit trade-off associated with possible exposure to infectious diseases while away, as well as any relevant vaccinations and prophylactic medications (for example, anti-malarials).

