

ARE OTHER VACCINES RECOMMENDED?

Vaccines may be recommended before or after pregnancy based on your health, age, lifestyle, or occupation (job), or travel.

Speak to your doctor for more information.



FOR MORE INFORMATION

- Your Primary Healthcare Provider and OB/GYN
- Your local health department
localhealth.nj.gov
- New Jersey Department of Health
Vaccine Preventable Disease Program
609-826-4861
nj.gov/health/cd/vpdp.shtml
- Centers for Disease Control and Prevention (CDC)
Vaccines and Pregnancy
cdc.gov/vaccines/pregnancy/index.html
- CDC Travel Information
cdc.gov/travel
- Partnership for Maternal and Child Health of
Northern New Jersey
2 Protects 2
partnershipmch.org/2protects2/

Please consult with your healthcare provider for your specific needs. This brochure is not a substitute for medical advice.

PROTECT YOUR BABY WITH VACCINES



WHY SHOULD PREGNANT PEOPLE GET VACCINES?

- Pregnancy causes changes in your body that can put you at greater risk of getting sick.
- Pregnant people share everything with their babies. Vaccines protect you and your baby from certain infections.
- Vaccinations keep your baby safe from infection during the first few months of life until they are old enough to get their own vaccines.

WHAT VACCINES ARE RECOMMENDED?

- Flu (shot) – NOT nasal spray vaccine
- Tetanus, diphtheria, pertussis (Tdap)
- COVID-19 vaccine

Tdap, flu, and COVID-19 vaccines may be given before or after pregnancy but receiving these vaccines **DURING** your pregnancy will provide the best protection for you and your baby.



FLU VACCINE

Flu is an infection of the nose, throat, and lungs that spreads easily. Pregnant people are at high-risk of getting very sick from flu, which can be harmful for the baby.

Pregnant people can get the flu vaccine during any trimester. Getting the flu vaccine:

- reduces the risk of being hospitalized with flu illness.
- helps to prevent premature births, low birth weight, and certain birth defects.

Tdap VACCINE

Pertussis (whooping cough) can be deadly for babies. It can lead to life-threatening pauses in breathing and brain disease.

Pregnant people should get Tdap vaccine between week 27 and 36 of EACH pregnancy. Getting the Tdap vaccine:

- lowers the risk of whooping cough in babies younger than two months old by almost 80 percent.¹
- helps protect babies from severe illness, hospitalization, and death.

COVID-19 VACCINE

COVID-19 is a disease caused by a virus discovered in 2019. It can spread easily and can be dangerous for pregnant people.

- COVID-19 vaccine, including boosters, are recommended during pregnancy.

Getting the COVID-19 vaccine:

- can reduce a pregnant person's risk of being hospitalized with COVID-19 infection.
- can protect you and your baby from serious illness or death.

ARE VACCINES SAFE DURING PREGNANCY?

Yes! Certain vaccines are safe for use during pregnancy.

- Vaccines are studied with thousands of people before they are approved for use and are continuously studied to make sure they remain safe.
- Side effects from vaccines are mostly mild (e.g., sore arm, body aches, feeling tired). Severe side effects are rare.

¹CDC Pregnancy and Whooping Cough
[cdc.gov/pertussis/pregnant/mom/get-vaccinated.html](https://www.cdc.gov/pertussis/pregnant/mom/get-vaccinated.html)