

IS IT SAFE TO RECEIVE VACCINES 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.

ARE OTHER VACCINES RECOMMENDED?

- Vaccines may be recommended before or after pregnancy based on your health, age, lifestyle, occupation (job), or travel.
- Speak to your health care provider for more information.

WHAT IF I CANNOT AFFORD VACCINES?

- You and your child may be able to receive vaccines through the **Vaccines for Children Program** and select adult health care providers in your area.

TO FIND VACCINES

Speak with your health care provider
and visit:



tinyurl.com/vfclocations

FOR MORE INFORMATION

New Jersey Department of Health
Vaccine Preventable Disease Program:
nj.gov/health/cd/vdpd.shtml

New Jersey Department of Health Vaccines:
nj.gov/health/vaccines

American College of Obstetricians and
Gynecologists (ACOG):
bit.ly/4cdw5hV

Consult with your health care provider for
your specific needs. This brochure is not a
substitute for medical advice.



PROTECT YOURSELF AND YOUR BABY WITH VACCINES



WHY SHOULD PREGNANT PEOPLE GET VACCINATED?

- Pregnancy causes changes in your body that can put you at greater risk of getting sick.
- Pregnant people share everything with their babies, including the protection from severe illness that vaccines provide.
- Vaccinating during pregnancy helps to protect your baby from infections until they are old enough to get their own vaccines.

WHAT VACCINES ARE RECOMMENDED?

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

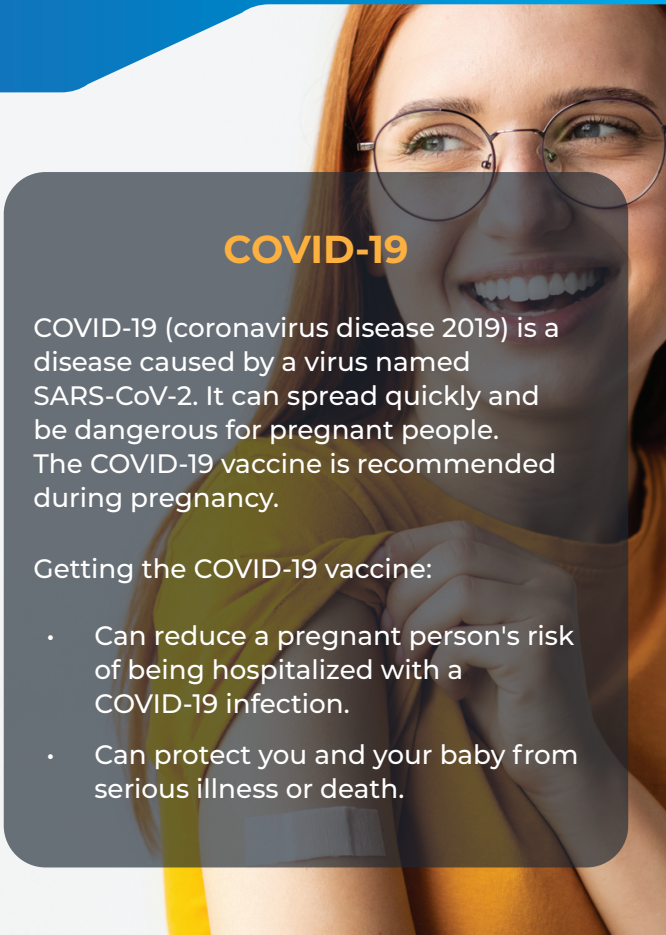
These vaccines are recommended **DURING** your pregnancy to provide the best protection for you AND your baby.

FLU*

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.

***Recommended to receive the flu vaccine in July and August if you're in your third trimester to help protect your baby for several months after birth.**



COVID-19

COVID-19 (coronavirus disease 2019) is a disease caused by a virus named SARS-CoV-2. It can spread quickly and be dangerous for pregnant people. The COVID-19 vaccine is recommended during pregnancy.

Getting the COVID-19 vaccine:

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

TDAP

The Tdap vaccine is recommended between week 27 and 36 of EACH pregnancy. Getting the Tdap vaccine:

- Lowers the risk of whooping cough (pertussis) in babies younger than two months old.
- Helps protect babies from severe illness, hospitalization, and death.

RSV

There are two ways to protect your baby from getting very sick with RSV:

- RSV vaccine given during pregnancy.
- OR**
- RSV immunization (monoclonal antibody), a preventive treatment given to infants/young children after they are born.*

Getting the RSV vaccine or immunization (monoclonal antibody):

- Lessens a baby's risk of severe RSV disease.
- Lowers the baby's risk of being hospitalized from RSV.

***For details about the RSV schedule and products, speak with your health care provider.**