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.

Created: March 2023
**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.

---

\(^1\) CDC Pregnancy and Whooping Cough  
cdc.gov/pertussis/pregnant/mom/get-vaccinated.html