

When should I get these vaccines during my pregnancy?

- **Tdap:** Recommended at 27-36 weeks (preferably earlier within this window).
- **Influenza:** Recommended to receive the latest vaccine as soon as possible and anytime during pregnancy if not up to date.
- **COVID-19:** Recommended to receive the latest vaccine as soon as possible and anytime during pregnancy if not up to date.
- **RSV:** Recommended at 32-36 weeks, if pregnant during RSV season (September to January). See below to find out when you are eligible.

I am due:

I am eligible for vaccination:

November	→	September
December	→	October
January	→	November
February	→	December
March	→	January

Find out more:

One Vax, Two Lives:

www.onevaxtwolives.com

- Find answers to your questions and information about each vaccine specifically for pregnant and breastfeeding individuals.
- The answers also provide links to the article or information source.
- For some vaccines, information is also provided in several languages.

Immunity Community:

www.immunitycommunitywa.org

Washington Department of Health

www.doh.wa.gov/you-and-your-family/immunization

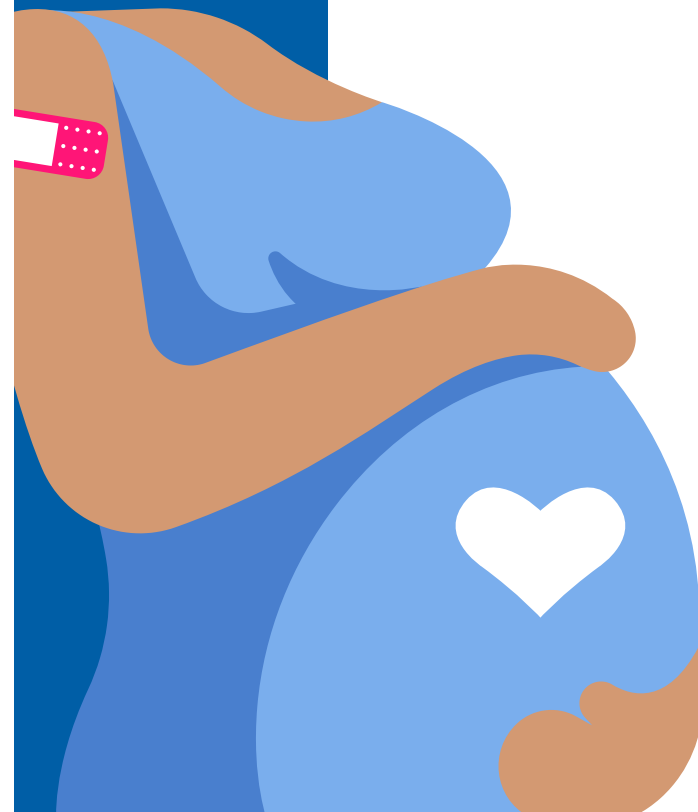
This information was developed by:



Pregnancy & Vaccines

*Protect yourself,
protect your baby*

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COVID-19

COVID-19 is a highly contagious virus that primarily affects the respiratory system but can also impact other parts of the body. Some individuals may develop "Long COVID," even with mild or no symptoms.

Influenza

Influenza, or the flu, is a contagious respiratory illness. The flu can also lead to intestinal issues, causing dehydration. Pregnant individuals face a higher risk of hospitalization due to flu and it can be harmful to the developing baby.

RSV

RSV, or respiratory syncytial virus, is a common respiratory virus that typically causes mild symptoms in adults but can lead to severe illness and hospitalization in young children.

Tdap (Whooping Cough)

Whooping cough (pertussis) is an infection that causes severe coughing and difficulty breathing and is most serious in newborn babies.

The Tdap vaccine helps protect you and your baby from three diseases: diphtheria, tetanus and pertussis.

Information was summarized from the Centers for Disease Control and Prevention and the American College of Obstetricians and Gynecologists

Vaccines during pregnancy

Vaccines against **COVID-19, influenza, RSV, Tdap (whooping cough)** are safe and recommended during pregnancy.

Vaccination during pregnancy helps create antibodies for your baby's immune defense in the vulnerable months after birth.

Talk to your doctor or midwife today to make sure you are up-to-date!



Why should I get vaccinated while I'm pregnant?

During pregnancy, the immune system changes can make individuals more susceptible to infections compared to non-pregnant individuals of the same age. As pregnancy progresses, increased fluid volume stresses the heart and lungs, further raising vulnerability to infections like influenza and COVID-19. These changes underscore the importance of vaccination during pregnancy to protect both the individual and baby from severe disease.

Is there anything else I can do to keep my baby and I healthy?

Yes! Make sure you keep up with your prenatal visits. For added protection, wear masks, practice constant hand hygiene, and avoid crowded areas to avoid getting sick.

Are there any vaccines I should not get while pregnant?

Vaccines with live viruses, like the MMR vaccine, are not recommended during pregnancy due to a possible risk to the baby. The COVID-19, flu, RSV and Tdap vaccines recommended in pregnancy are NOT live vaccines and have been shown to be safe.