

# Pregnancy and Vaccination



## Background

It is important to stay up-to-date on your vaccinations. If you plan to become pregnant or are already pregnant, there are specific vaccines that you will need.

## Quick Facts

- Certain vaccines are safe and recommended for pregnant and breast/chest feeding people
- Vaccinations can help protect you from certain infections that can harm you and your baby during or after pregnancy like flu, RSV, whooping cough, and COVID-19.
- Vaccinations you get during pregnancy help keep your baby healthy until they get their own vaccinations.
- You need some vaccines during every pregnancy, like Tdap and flu.
- For more information visit [doh.wa.gov/you-and-your-family/immunization/pregnancy-and-vaccination](http://doh.wa.gov/you-and-your-family/immunization/pregnancy-and-vaccination)

# Before & During Pregnancy Vaccine Guide

Vaccination	Can get <b>before</b> pregnancy	Can get <b>during</b> pregnancy
<b>COVID-19</b>	Yes	Yes
<b>Influenza (Flu)</b>	Yes. Recommended before the end of October, regardless of the stage of pregnancy	Yes, if you didn't get before pregnancy. Recommended before the end of October, regardless of the stage of pregnancy
<b>Respiratory Syncytial Virus (RSV)</b>	No	Yes, at 32-36 weeks from September through January in most of the continental United States
<b>Measles, Mumps Rubella (MMR)</b>	Maybe, wait four weeks after vaccination to get pregnant	No
<b>Human Papillomavirus (HPV)</b>	Maybe, for ages 26-45, talk to your health care provider	No
<b>Tetanus, Diphtheria, and Pertussis (Tdap)</b>	Maybe, talk with your health care provider	Yes, during third trimester of each pregnancy
<b>Hepatitis A</b>	Maybe, talk with your health care provider	Maybe, talk with your health care provider
<b>Hepatitis B</b>	Maybe, talk with your health care provider	Maybe, talk with your health care provider
<b>Hib</b>	Maybe, talk with your health care provider	Maybe, talk with your health care provider
<b>Meningococcal</b>	Maybe, talk with your health care provider	Maybe, talk with your health care provider
<b>Pneumococcal</b>	Maybe, talk with your health care provider	Maybe, talk with your health care provider
<b>Chickenpox (Varicella)</b>	Maybe, talk with your health care provider	No
<b>Shingles (Zoster)</b>	No	No

## Family and Friends Need Vaccines Too!

Anyone, including parents, siblings, grandparents, babysitters, nannies, and other caregivers who are around your baby should be up to date on all routine vaccines especially; Whooping cough vaccine (DTaP for children and Tdap for preteens, teens, and adults), flu vaccine, and COVID-19.