

VACCINES FOR PREGNANCY

VACCINES BEFORE PREGNANCY

Doctors recommend these vaccines before pregnancy to protect you and your baby.



MMR

MMR vaccine protects you from measles, mumps, and rubella. It is important to be immune to those diseases during pregnancy because they can cause miscarriage or birth defects. If you received the vaccine as a child, you may need a booster. If you never had it, now is the time. Doctors recommend waiting 4 weeks after the shot to become pregnant.⁽¹⁾

Varicella

If you never had the chickenpox nor received the varicella (chickenpox) vaccine, doctors recommend getting it before pregnancy. Catching the chickenpox during pregnancy puts your baby at risk for birth defects.⁽¹⁾

If you are pregnant already, you should wait until after your baby is born to get the MMR and/or varicella vaccines. These vaccines are important even after birth because they protect you and your baby from harmful diseases.⁽²⁾



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VACCINES DURING PREGNANCY

Doctors recommend these vaccines during pregnancy to protect you and your baby from illness after birth.

Tdap

The Tdap vaccine protects against tetanus, diphtheria, and pertussis (whooping cough), which can be fatal to infants. Doctors recommend one booster at 27-36 weeks of pregnancy. The vaccine protects you and passes antibodies to your baby that protect them until they are old enough to be vaccinated. (1, 2)



Influenza

Doctors recommend the flu vaccine before or during pregnancy to protect your health and the health of your baby. If you catch the flu while pregnant, you are at risk for preterm labor and giving birth prematurely. (1)



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1) March of Dimes <https://www.marchofdimes.org/pregnancy/vaccinations-and-pregnancy.aspx>

2) American College of Obstetricians and Gynecologists <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/06/maternal-immunization>