

Vaccines for Women

Vaccines can protect you against certain diseases. Most vaccines are given by injections (shots), but a few can be taken by nose, in a spray. The shot or nasal spray you get is called a vaccine.

Should I get vaccines if I am pregnant?

All pregnant women should get the Tdap (whooping cough) and flu vaccine in each pregnancy. Some vaccines should not be given to pregnant women. These include human papillomavirus (HPV) vaccine; nasal spray flu vaccine; measles, mumps, and rubella (MMR); and varicella vaccine (chickenpox). Right after pregnancy is a good time to get the measles, mumps, and rubella (MMR) vaccine, varicella vaccine, or the hepatitis vaccines if you need them.

What types of vaccines do I need?

The table on the next page shows which vaccines you may need as a woman. If you work or travel outside the United States, you may also need other vaccines. Hepatitis B and hepatitis A vaccines are also recommended for women at risk for these infections. Ask your midwife or health care professional which vaccines are recommended for your unique situation.

Are vaccines safe?

- Vaccines are safe and provide the best protection available against a number of serious diseases.
- Most vaccines used in the United States are made from a killed or inactive virus or bacteria, so the vaccines cannot give you the disease.
- Side effects from vaccines are usually minor and temporary, such as feeling sore where you get the shot

or a slight fever, which go away in a few days. Serious and long-term effects are rare.

- Ask your midwife or health care professional which vaccines you need, which are safe for you, and how you should expect to feel after getting them.



Illustrations by Abby Hellstrom

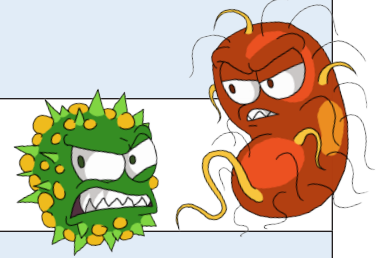
Be a
SUPERHERO

*Get vaccinated!
Protect yourself
and your family.*

Continued

Immunization Schedule for Women

| Who Needs This Vaccine and How Often | Routinely recommended during pregnancy? |
|---|---|
| Hepatitis A: Recommended for women at risk ¹ and those who travel out of the United States. (One series of 2 shots.) | No |
| Hepatitis B: Everyone under age 18 and women at risk for Hepatitis B2 (One series of 3 shots.) | Yes, if at risk ² |
| Human papillomavirus (HPV): Men and women up to age 26 unless pregnant. (One series of 3 shots.) | No |
| Flu Shot (Inactivated influenza vaccine): Everyone over 6 months of age. ³ (Yearly) Inactivated means the vaccine contains killed or inactive viruses, which means the vaccine cannot give you the flu. | Yes, recommended every flu season; can be received anytime during pregnancy |
| Nasal Spray Flu Vaccine (Live attenuated influenza vaccine): Healthy people aged 2-49 who are not pregnant and have no medical problems. (Yearly: nasal spray) Live means the vaccine contains weakened viruses, which is safe for most healthy people, but not for certain people who do not have a strong immune system or are pregnant. | No |
| Measles, Mumps, Rubella (MMR): People born after 1957 or who have no immunity when checked with a blood test. Especially important for women planning a pregnancy. (One time with possible need for boosters) | No |
| Meningococcal: May be administered to adults age 16-23 with close contact such as living in a dorm and others at risk due to travel or chronic disease. (Usually 1 time) | No |
| Pneumococcal: People aged 65 and older or persons with certain medical problems. (Usually 1 time) | No |
| Tetanus, Diphtheria, Pertussis (Td or Tdap): Tdap for all women aged 19 or older who have not previously received. Td boosters ever 10 years. (1 dose of Tdap followed by booster doses with Td; Tdap every pregnancy) | Yes, Tdap recommended with each and every pregnancy ⁴ |
| Varicella (chicken pox): Anyone who has not had chicken pox, or who has tested non-immune. (One series of 2) | No |
| Zoster (Shingles): All persons 60 or older. (1 time) | No |



1. Usted tiene riesgo de contraer hepatitis A si: 1) vive en una comunidad que tiene una alta incidencia de hepatitis A, 2) usa drogas ilegales o 3) tiene una enfermedad hepática crónica
2. Usted tiene riesgo de contraer hepatitis B si: 1) tener más de una pareja sexual en 6 meses, 2) ha tenido relaciones sexuales o contacto doméstico con una persona que tiene hepatitis B, 3) si usa drogas callejeras, 4) si es un trabajador de la salud o de la seguridad pública que podría tener contacto con fluidos corporales.
3. La vacuna contra la gripe está aprobada para cualquier persona de 6 meses o más. Sin embargo, no debe recibir la vacuna en aerosol nasal si: 1) tiene menos de 2 años o más de 50 años, 2) es un trabajador de la salud, 3) está embarazada, 4) tiene problemas de salud a largo plazo como diabetes, asma, enfermedad renal o enfermedad cardíaca. Para obtener más información, visite: [XXXXXXXXXXXXXXXXXXXXXXXXXXXX](#)
4. Debe recibir una vacuna Tdap posparto si no se vacunó durante el embarazo. Se prefiere la vacuna Tdap durante el embarazo.

RECURSOS ADICIONALES:

American College of Nurse-Midwives <http://ourmomentoftruth.com/The-Importance-of-Vaccines>

www.cdc.gov/Features/AdultImmunizations

www.adultvaccination.org

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