

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.



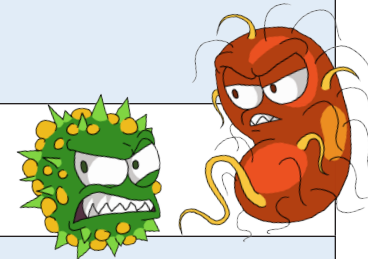
Be a
SUPERHERO

*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 45 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: 11-12 year olds should get a meningococcal conjugate vaccine, with a booster dose at 16 years old. Teens and young adults (16-23 year olds) also may get a serogroup B meningococcal vaccine. CDC also recommends vaccination for other children and adults who are at increased risk for meningococcal disease.	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): Healthy adults 50 years and older get two doses of Shingrix, 2 to 6 months apart. Shingrix provides strong protection against shingles and a complication known as post herpetic neuralgia.	No



1. You are at risk for Hepatitis A if: 1) you live in a community that has a high incidence of Hepatitis A, 2) you use street drugs, or 3) you have chronic liver disease
2. You are at risk for Hepatitis B if you 1) have more than one sex partner in 6 months, 2) have sex or household contact with a person who has Hepatitis B, 3) use street drugs, 4) are a health care or public safety worker who could have contact with body fluids.
3. The flu shot is approved for anyone 6 months and older. However, you should not get the nasal spray vaccine if you: 1) are under age 2 or over age 50, 2) are a health care worker, 3) are pregnant, 4) have long-term health problems such as diabetes, asthma, kidney disease, or heart disease. For more info, see: www.cdc.gov/flu/protect/whoshouldvax.htm.
4. You should get a Tdap vaccine postpartum if you did not get vaccinated in pregnancy. Tdap is preferred during pregnancy.

ADDITIONAL RESOURCES:

American College of Nurse-Midwives

<http://ourmomentoftruth.com/your-health/importance-of-vaccines/>

www.cdc.gov/Features/AdultImmunizations

www.adultvaccination.org

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