

# 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

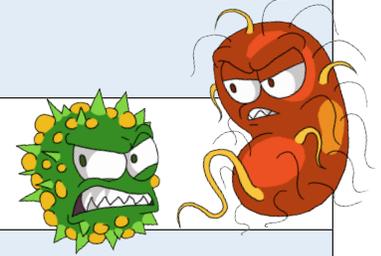
**Be a  
SUPERHERO**

*Get vaccinated!  
Protect yourself  
and your family.*

*Continued*

## Immunization Schedule for Women

<b>Who Needs This Vaccine and How Often</b>	<b>Routinely recommended during pregnancy?</b>
<b>Hepatitis A:</b> Recommended for women at risk <sup>1</sup> and those who travel out of the United States. (One series of 2 shots.)	No
<b>Hepatitis B:</b> Everyone under age 18 and women at risk for Hepatitis B2 (One series of 3 shots.)	Yes, if at risk <sup>2</sup>
<b>Human papillomavirus (HPV):</b> Men and women up to age 26 unless pregnant. (One series of 3 shots.)	No
<b>Flu Shot (Inactivated influenza vaccine):</b> Everyone over 6 months of age. <sup>3</sup> (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
<b>Nasal Spray Flu Vaccine (Live attenuated influenza vaccine):</b> 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
<b>Measles, Mumps, Rubella (MMR):</b> 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
<b>Meningococcal:</b> 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
<b>Pneumococcal:</b> People aged 65 and older or persons with certain medical problems. (Usually 1 time)	No
<b>Tetanus, Diphtheria, Pertussis (Td or Tdap):</b> 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 <sup>4</sup>
<b>Varicella (chicken pox):</b> Anyone who has not had chicken pox, or who has tested non-immune. (One series of 2)	No
<b>Zoster (Shingles):</b> All persons 60 or older. (1 time)	No



- 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
- 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.
- 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](#)
- 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](http://www.cdc.gov/Features/AdultImmunizations)

[www.adultvaccination.org](http://www.adultvaccination.org)

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