

## **Which vaccinations do pregnant and postpartum women need?**

Many pregnant women know they can protect their child against several diseases by making sure their child is vaccinated. They may not realize that they can also protect their children and themselves by making sure their own vaccinations are up-to-date.

Pregnant and postpartum women are at risk of contracting many diseases that can easily be prevented with routine vaccinations. Various studies have shown that pregnant women are at greater risk of hospitalization and death due to complications from the flu. Pregnant women in their third trimester are at highest risk. That is why it is recommended that pregnant women, in any trimester of pregnancy during flu season, should get a flu shot. Women who choose not to get a flu shot during pregnancy should get one during the postpartum period to help prevent the spread of flu to their infants, who are too young to get a flu vaccination.

As a healthcare provider, you have the opportunity to educate your pregnant and postpartum patients about the importance of getting all their recommended vaccinations. Pregnant and postpartum women play a key role in keeping their babies and families healthy. By making sure these women are vaccinated you can also help protect their families against disease.

### **Which vaccinations are recommended for pregnant women?**

- **Inactivated influenza vaccine**  
Recommended for women in any trimester of pregnancy during flu season.
- **Tetanus-diphtheria (Td) booster**  
Recommended for pregnant women who are due for a booster shot.
- **Hepatitis B**  
Recommended for pregnant women who have not previously been vaccinated.

### **Which vaccinations are recommended for postpartum women?**

- **Inactivated influenza vaccine**  
Recommended for women that did not receive a flu shot during pregnancy.
- **Tetanus, diphtheria, and pertussis (Tdap) vaccine**  
Recommended for women who did not receive a Td booster during pregnancy. This vaccine can also help prevent the spread of pertussis to the infant.
- **Any vaccinations that women have not previously received like varicella (chickenpox) and measles, mumps, and rubella (MMR), should be administered during the postpartum period.**

**For help finding flu shots in your community:**

**Which vaccinations do pregnant and postpartum women need?**

- Call the Family Health Hotline at 1-800-322-2588
- Call your local health department
- Check the American Lung Association's Flu Clinic Locator [www.flucliniclocator.org](http://www.flucliniclocator.org)

**For more information on pregnancy and postpartum immunizations, visit:**

[www.cdc.gov/nip/publications/preg\\_guide.htm](http://www.cdc.gov/nip/publications/preg_guide.htm)

[www.doh.wa.gov/cfh/immunize/adult\\_immunization.htm](http://www.doh.wa.gov/cfh/immunize/adult_immunization.htm)