

# What Vaccinations are Recommended before Pregnancy?



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VACCINATION EDUCATION

If you're planning pregnancy, get a preconception checkup. This is a medical checkup you get before you become pregnant.

At your checkup, ask your health care provider if you need any vaccinations or boosters. Bring a copy of your vaccinations record to your preconception checkup or your provider can do a simple blood test to find out what you need. If you do need any vaccinations, wait one month after you get any shots before trying to get pregnant.

## Flu

Get the flu shot once a year during the flu season (October through May). If you are not vaccinated and come down with the flu during pregnancy, you're more likely than other adults to have serious complications, such as pneumonia.

## HPV

This vaccine protects against the infection that causes genital warts. The infection may also lead to cervical cancer. The CDC recommends that women up to age 26 get the HPV vaccine.

## MMR

This vaccine protects you against the measles, mumps and rubella. Measles is a serious disease that causes rash, cough and fever. If you catch the measles while pregnant, you may be at risk of miscarriage. Most people in this country who get the measles aren't vaccinated and catch it when traveling in Europe. Even if you're not planning to travel outside the United States, the vaccination can keep you and your baby safe from the measles.

## Tdap

This vaccine is recommended for all adults, especially those in close contact with children. It protects you from tetanus, diphtheria and pertussis. Pertussis (also



called whooping cough) is easily spread and very dangerous for a baby. Many babies who get pertussis catch it from an adult who doesn't know s/he has it. Getting the Tdap vaccine before or during pregnancy protects you from these diseases and can help protect your baby until she gets her vaccines later in life.

## Varicella

Chickenpox is easily spread and can cause birth defects if you get it during pregnancy. It's also very dangerous to a baby. If you're thinking about getting pregnant and you never had the chickenpox or the vaccine, tell your provider.

***The U.S. Department of Health and Human Services (DHHS) recommends that you be up to date on all routine adult vaccinations before you get pregnant.***

from [www.marchofdimes.com/pregnancy/prenatalcare\\_vaccinations.html](http://www.marchofdimes.com/pregnancy/prenatalcare_vaccinations.html)

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