Vaccines help keep a pregnant woman and her growing family healthy.

**Before pregnancy**

Before becoming pregnant, a woman should be up-to-date on routine adult vaccines. This will help protect her and her child. Live vaccines should be given a month or more before pregnancy. Inactivated vaccines can be given before or during pregnancy, if needed.

**During pregnancy**

- **Flu Vaccine**
  It is safe, and very important, for a pregnant woman to receive the inactivated flu vaccine. A pregnant woman who gets the flu is at risk for serious complications and hospitalization. To learn more about preventing the flu, visit the CDC website [www.cdc.gov/flu](http://www.cdc.gov/flu).

- **Tdap Vaccine**
  A pregnant woman should receive the adult tetanus, toxoid reduced diphtheria toxoid, acellular pertussis vaccine (Tdap) after 20 weeks gestational age if she has not already received the vaccine. Vaccinating at this gestational age will help prevent pertussis in mom and in the newborn infant.

- **Travel**
  Many vaccine-preventable diseases, rarely seen in the United States, are still common in other parts of the world. A pregnant woman planning international travel should talk to her health professional about vaccines. Information about travel vaccines can be found at CDC’s traveler’s health website at [www.cdc.gov/travel](http://www.cdc.gov/travel).

- **Childhood Vaccines**
  Pregnancy is a good time to learn about childhood vaccines. Parents-to-be can learn more about childhood vaccines from the CDC parents guide and from the child and adolescent vaccination schedules. This information can be downloaded and printed at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

**After pregnancy**

It is safe for a woman to receive vaccines right after giving birth, even while she is breastfeeding. A woman who has not received the new vaccine for the prevention of tetanus, diphtheria and pertussis (Tdap) should be vaccinated right after delivery. Vaccinating a new mother against pertussis (whooping cough) reduces the risk to her infant too. Also, a woman who is not immune to measles, mumps and rubella and/or varicella (chicken pox) should be vaccinated before leaving the hospital. If inactivated influenza vaccine was not given during pregnancy, a woman should receive it now because it will protect her infant. LAIV may be an option.

Visit CDC’s website at [www.cdc.gov](http://www.cdc.gov) for more information. Or get an answer to your specific question by e-mailing cdcinfo@cdc.gov or calling 800-CDC-INFO (232-4636) · English or Spanish.