



Vaccines for Pregnant Women

Maternal Child Health Topics in Nebraska

Vaccines offer protection for your unborn baby.

While rates of vaccinations are going up over time, not all women are receiving the recommended vaccines during pregnancy.

Flu Vaccine

Getting sick with flu can cause serious problems if you are pregnant. Even if you are generally healthy, changes in the immune system, heart, and lungs during pregnancy make you more likely to get severely ill from the flu. **You need a flu shot every year!** It's safe to get the vaccine at any time during your pregnancy

Whooping Cough Vaccine

Whooping cough (or pertussis) can be serious for anyone, but for your newborn it can be life-threatening. A vaccine for whooping cough is recommended during your third trimester so that your body can create antibodies and pass them to your baby before birth. These antibodies will help protect your newborn right after birth and until your baby gets their first whooping cough vaccine at two months of age. During the first few months of life, your baby is most vulnerable to serious complications from this disease. **The vaccine is recommended during every pregnancy!**



Nebraska moms know it's important to care for their health during pregnancy!

- 73% of women got a flu shot during their most recent pregnancy
- 87% got a whooping cough vaccine during their most recent pregnancy

Source: Nebraska PRAMS, 2017-2018



Ask your doctor or midwife about getting the whooping cough vaccine during your third trimester.



Are Vaccines Safe for My Unborn Baby?

The flu shot has been given safely to millions of pregnant women over many years. Flu shots have not been shown to cause any harm to pregnant women or their babies. In fact, flu shots during pregnancy protect the baby.

The whooping cough (Tdap) vaccine is recommended for women during each pregnancy, preferably in the early part of the third trimester. It's safe to be given during pregnancy and will help protect your baby against whooping cough in the early months of life when they are most vulnerable.

Where can I go for more information?

Pregnancy and Vaccinations:

<https://www.cdc.gov/vaccines/pregnancy/hcp-toolkit/index.html>

Nebraska Pregnancy Risk Assessment

Monitoring System (PRAMS) is an ongoing population-based survey of mother's behavior and experiences before, during, and shortly after pregnancy. The data in this publication are based on 2,513 completed self-reported surveys representing Nebraska mothers who gave birth to live infants between 2017-2018.

PRAMS provides educational information about topics related to maternal and infant health, topics like oral health, breastfeeding, and safe sleep. PRAMS also can connect you to resources for your family's health.

For more information, visit www.dhhs.ne.gov/PRAMS