VACCINES FOR PREGNANT PEOPLE

Staying healthy during pregnancy is not just important for the health of the pregnant person, but also for the health of the baby. Pregnant people, their families, and anyone coming in close contact with a baby should talk to their healthcare providers about getting these vaccines.

The Flu

What is the Risk to Pregnant People and Babies?

The Flu can be especially dangerous for pregnant people and their babies.

Pregnant people with the Flu are at higher risk for complications like pneumonia or preeclampsia, and are more likely to be hospitalized.

Their babies are at higher risk for early birth, low birth weight, and birth defects.

Is the Vaccine Safe?

Flu vaccines have been given to millions of people over many years with an excellent safety record. Flu vaccines come in two forms - a shot (dead flu viruses) and a nasal spray (weakened flu viruses).

- The shot does not contain live virus and cannot make anyone sick. It is safe for pregnant people.
- The nasal spray is not recommended for pregnant people.

Why Should I Get the Flu Vaccine?

Getting a Flu shot can reduce a pregnant person’s risk of being hospitalized with the Flu by an average of 40%.

Pregnant people who get a flu shot are also helping to protect their babies for the first several months after their birth, when they are too young to get vaccinated.

References


