

## IS IT SAFE TO RECEIVE VACCINES DURING PREGNANCY

- Yes! Certain vaccines are safe for use during pregnancy.
- Vaccines are studied with thousands of people before they are approved for use and are continuously studied to make sure they remain safe.
- Side effects from vaccines are mostly mild (e.g., sore arm, body aches, feeling tired). Severe side effects are rare.

## ARE OTHER VACCINES RECOMMENDED?

- Vaccines may be recommended before or after pregnancy based on your health, age, lifestyle, occupation (job), or travel.
- Speak to your health care provider for more information.

## WHAT IF I CANNOT AFFORD VACCINES?

- You and your child may be able to receive vaccines through the **Vaccines for Children Program** and select adult health care providers in your area.

## TO FIND VACCINES

Speak with your health care provider  
and visit:



[tinyurl.com/vfclocations](https://tinyurl.com/vfclocations)

## FOR MORE INFORMATION

New Jersey Department of Health  
Vaccine Preventable Disease Program:  
[nj.gov/health/cd/vpdp.shtml](https://nj.gov/health/cd/vpdp.shtml)

New Jersey Department of Health Vaccines:  
[nj.gov/health/vaccines](https://nj.gov/health/vaccines)

Centers for Disease Control and Prevention (CDC)  
Vaccines and Pregnancy:  
[cdc.gov/vaccines/pregnancy/index.html](https://cdc.gov/vaccines/pregnancy/index.html)

Families Fighting Flu:  
[familiesfightingflu.org/2-protects-2](https://familiesfightingflu.org/2-protects-2)

Consult with your health care provider for your specific needs. This brochure is not a substitute for medical advice.



## PROTECT YOURSELF AND YOUR BABY WITH VACCINES



## WHY SHOULD PREGNANT PEOPLE GET VACCINATED?

- Pregnancy causes changes in your body that can put you at greater risk of getting sick.
- Pregnant people share everything with their babies, including the protection from severe illness that vaccines provide.
- Vaccinating during pregnancy helps to protect your baby from infections until they are old enough to get their own vaccines.

## WHAT VACCINES ARE RECOMMENDED?

- Flu (shot) – NOT nasal spray vaccine
- COVID-19
- Tetanus, diphtheria, pertussis (Tdap)
- Respiratory Syncytial Virus (RSV)

These vaccines are recommended **DURING** your pregnancy to provide the best protection for you AND your baby.

## FLU\*

Pregnant people can get the flu vaccine during any trimester. Getting the flu vaccine:

- Reduces the risk of being hospitalized with flu illness.
- Helps to prevent premature births, low birth weight, and certain birth defects.

**\*Recommended to receive the flu vaccine in July and August if you're in your third trimester to help protect your baby for several months after birth.**



## COVID-19

COVID-19 (coronavirus disease 2019) is a disease caused by a virus named SARS-CoV-2. It can spread quickly and be dangerous for pregnant people. The COVID-19 vaccine is recommended during pregnancy.

Getting the COVID-19 vaccine:

- Can reduce a pregnant person's risk of being hospitalized with a COVID-19 infection.
- Can protect you and your baby from serious illness or death.

## TDAP

The Tdap vaccine is recommended between week 27 and 36 of EACH pregnancy. Getting the Tdap vaccine:

- Lowers the risk of whooping cough (pertussis) in babies younger than two months old by almost 80%.<sup>1</sup>

**OR**

- Helps protect babies from severe illness, hospitalization, and death.

<sup>1</sup> CDC Pregnancy and Whooping Cough  
[bit.ly/tdapvaccine](https://bit.ly/tdapvaccine)

## RSV

There are two ways to protect your baby from getting very sick with RSV:

- RSV vaccine given during pregnancy.

**OR**

- RSV immunization (monoclonal antibody), a preventive treatment given to infants/young children after they are born. \*

Getting the RSV vaccine or immunization (monoclonal antibody):

- Lessens a baby's risk of severe RSV disease.
- Lowers the baby's risk of being hospitalized from RSV.

\*For details about the RSV schedule and products, speak with your health care provider.