

Pregnancy and Vaccination



Background

It is important to stay up to date on your vaccinations. If you plan to become pregnant or are already pregnant, there are specific vaccines that you will need.

Quick Facts

- Certain vaccines are safe and recommended for pregnant and breast/chest feeding people
- Vaccinations can help protect you from certain infections that can harm you and your baby during pregnancy like flu, whooping cough, and COVID-19.
- Vaccinations you get during pregnancy help keep your baby healthy until they get their own vaccinations.
- You need some vaccines during every pregnancy, like Tdap and flu.
- For more information visit doh.wa.gov/you-and-your-family/immunization/pregnancy-and-vaccination

Before and During Pregnancy Vaccine Guide

Vaccination	Can get before pregnancy	Can get during pregnancy
COVID-19	Yes	Yes
Flu (Influenza)	Yes. Recommended before the end of October, regardless of the stage of pregnancy	Yes, if you didn't get before pregnancy. Recommended before the end of October, regardless of the stage of pregnancy
Measles, Mumps Rubella (MMR)	Maybe, wait 4 weeks after vaccination to get pregnant	No
Human Papillomavirus (HPV)	Maybe – Age 26-45 see notes*	No
Tetanus, Diphtheria, and Pertussis (Tdap)	Maybe, best to get during pregnancy	Yes, during third trimester of pregnancy
Hepatitis A	Maybe, talk with your healthcare provider	Maybe, talk with your healthcare provider
Hepatitis B	Maybe, talk with your healthcare provider	Maybe, talk with your healthcare provider
Hib	Maybe, talk with your healthcare provider	Maybe, talk with your healthcare provider
Meningococcal	Maybe, talk with your healthcare provider	Maybe, talk with your healthcare provider
Pneumococcal	Maybe, talk with your healthcare provider	Maybe, talk with your healthcare provider
Chickenpox (Varicella)	Maybe, talk with your healthcare provider	No
Shingles (Zoster)	No	No

Family and Friends Need Vaccines Too!

Anyone, including parents, siblings, grandparents, babysitters, nannies, and other caregivers who are around your baby should be up to date on all routine vaccines especially; Whooping cough vaccine (DTaP for children and Tdap for preteens, teens, and adults), Flu (influenza) vaccine, and COVID-19.