

# Tdap Vaccination During Pregnancy

## What is a vaccination?

A vaccination is a shot that contains a vaccine, a medicine that helps protect people from infections that can cause them serious harm and lead to severe disease.

During preconception counseling appointments at Viva Eve our providers make sure that women planning to get pregnant are current with all their vaccinations and discuss the vaccinations that should be done during pregnancy.

## Which vaccinations are recommended during pregnancy?

**The CDC recommends the following vaccinations during pregnancy:**

- **Flu shot** and **Covid-19 vaccine** (if you weren't vaccinated before pregnancy)
- **Tdap vaccination** that is ideally administered in the third trimester, between 27 and 36 weeks of pregnancy, but that can be given at any time in pregnancy. All pregnant women should get the Tdap vaccine during every pregnancy.

## What is a Tdap vaccine?

Tdap (tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis) is a vaccine that protects against three serious diseases:

- **Whooping cough** (pertussis), a highly contagious disease that causes severe coughing. Newborns

and babies are at a high risk of severe whooping cough, which can be life-threatening.

- **Tetanus**, a serious bacterial infection that affects the nerves and interferes with the person's ability to breathe. Bacteria can enter the body through a break in the skin. Severe complications of tetanus can be life-threatening.
- **Diphtheria**, a serious bacterial infection that affects the membranes of the nose and throat, can restrict breathing and become deadly, especially in children.

It is recommended that Tdap is given later in pregnancy because the level of pertussis antibodies decreases over time, so this vaccine should be administered during every pregnancy to transfer the greatest number of protective antibodies to each infant from the mother.

## Top 3 Reasons Why You Should Get Tdap Vaccine If You Are Pregnant:

- Tdap prevents serious, possibly life-threatening diseases for babies
- Tdap vaccine helps protect your newborn until he or she is old enough to get vaccinated
- Tdap vaccine is perfectly safe for both you and your baby

## Which Vaccinations Are Recommended Before and During Pregnancy?

The vaccination chart below shows which routine vaccinations are recommended before and during pregnancy. It's based on the chart from the Centers for Disease Control and Prevention (CDC).

ROUTINE (COMMON) VACCINATION	CAN GET BEFORE PREGNANCY	CAN GET DURING PREGNANCY
<b>COVID-19</b>	Yes	Yes
<b>FLU SHOT</b>	Yes	Yes, if you didn't get it before pregnancy
<b>HEPATITIS A</b>	If indicated	If indicated
<b>HEPATITIS B</b>	If indicated	If indicated
<b>HPV (HUMAN PAPILLOMAVIRUS)</b>	Ages 9 to 45	Not recommended
<b>MMR (MEASELS, MUMPS, RUBELLA)</b>	Avoid conception for 4 weeks	Contraindicated
<b>MENINGOCOCCAL</b>	If indicated	If indicated
<b>PNEUMOCOCCAL</b>	If indicated	If indicated
<b>TDAP (TETANUS, DIPHTHERIA, AND PERTUSSIS)</b>	If indicated (better to get during pregnancy)	Each pregnancy between 27 and 36 weeks
<b>VARICELLA (CHICKEN POX)</b>	If indicated, avoid conception for 4 weeks	Contraindicated
<b>ZOSTER (SHINGLES)</b>	Not recommended	Contraindicated