

Pregnancy and Vaccination

Protecting You and Your Baby

If you are pregnant or planning to become pregnant, it's important to make sure your vaccinations are up to date. Vaccines help protect you from infections that can be passed on to your unborn baby, or cause pregnancy complications.

During pregnancy, your body goes through changes to your immune system, heart, and lungs that can make it easier to get sick. People who are pregnant, unborn babies and newborns can get sicker from infections than others.

Staying protected with recommended vaccines is one of the best ways to keep both you and your baby safe.

Is it safe to get vaccinated during pregnancy?

The vaccines recommended by Public Health during pregnancy have been shown to be safe and effective.

Because pregnancy affects your immune system, live vaccines (like the measles, mumps, rubella, and chickenpox vaccines) are generally not recommended while you're pregnant. Instead, they can be safely given before or after pregnancy.

Public Health Nurses, midwives, primary care providers and obstetricians are great resources if you have any questions or concerns about vaccination in pregnancy.

How can I get vaccinated?

Your healthcare provider can check your vaccine records and advise on which vaccines are recommended before, during and after pregnancy.



Which vaccines are recommended before, during, and after pregnancy?

During Every Pregnancy

Tetanus, diphtheria, pertussis (Tdap) vaccine:

- Recommended during every pregnancy, and usually given when you are between 27 and 32 weeks pregnant.
- Tdap protects young babies from whooping cough (pertussis), a serious bacterial infection.

Influenza and COVID-19 vaccines:

- Recommended at any stage of pregnancy, and usually offered in the fall and winter (respiratory season).
- If your pregnancy goes over two respiratory seasons, you can safely get these vaccines twice.
- Influenza and COVID-19 vaccines can protect you and baby from illness and complications.

Before or After Pregnancy

Measles-mumps-rubella (MMR) vaccine:

Before pregnancy: you should avoid becoming pregnant for at least 4 weeks following immunization.

After pregnancy: If you are found not to be immune to rubella during pregnancy, it's recommended that you receive the MMR vaccine as soon as possible after pregnancy.

All other routine vaccines:

You should ensure all of your routine vaccines are up to date before pregnancy.

Your healthcare provider may recommend additional vaccines if you are exposed or at increased risk for specific diseases.