

## Vaccines Recommended During Pregnancy

### Why do we vaccinate in pregnancy?

- **Protection for mom**
  - Pregnancy is a time when women are more at risk of getting severely ill from infections. This can lead to complications for her, as well increased risks of preterm birth or having a smaller than expected baby.
- **Protection for baby**
  - Boosting your immunity in pregnancy will allow you to pass antibodies to your baby through the placenta, as well as through your breast milk, if you choose to breastfeed. Your baby will have the protection of your antibodies in their system until they start to develop their own, in response to their vaccines which start at 2 months of age.

### Vaccines recommended in Pregnancy:

#### 1. Flu vaccine

The vaccine is safe any time in pregnancy and is offered seasonally, usually between October and February annually. The baby will get the most protection if the vaccine is given before 36 weeks. This vaccine is free of charge as it is funded by the government.

#### 2. COVID-19 vaccine

Every pregnant woman should have the initial 2 doses of the covid vaccines if they have not had them previously. Another shot is recommended during pregnancy if it has been greater than 6 months since your last covid vaccine or confirmed covid infection. The vaccine is safe any time in pregnancy but the baby will get the most protection if it is given before 36 weeks. If there are high rates of covid in the community it may be beneficial for mom to have the vaccine earlier in the pregnancy. This vaccine is free of charge as it is funded by the government.

#### 3. Pertussis (whooping cough) vaccine

The vaccine is safe any time in pregnancy and is ideally given between 27-36 weeks gestation in every pregnancy. This vaccine is free of charge as it is funded by the government.

#### 4. RSV (Respiratory Syncytial Virus) vaccine

This vaccine is recommended between 32-36 weeks (ideally greater than 6 weeks since your pertussis vaccine), especially if your baby will be born during the RSV season (November to April). The RSV vaccine does have a cost of about \$300 and a prescription from a doctor is required.

### Vaccines for family and friends

People of all ages who will be around baby should consider an up to date flu and covid vaccine. Adults should get a pertussis booster as well if it's been more than 10 years since their last dose.