

## 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. The baby will get the most protection if the vaccine is given before 36 weeks.

#### 2. COVID-19 vaccine

Covid-19 vaccination is recommended during pregnancy in any trimester. Every pregnant woman should have the initial 2 doses of the covid vaccines if they have not had them previously. A booster is recommended during pregnancy if it has been greater than 6 months since your last covid vaccine or confirmed covid infection.

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

The vaccine is safe any time in pregnancy and is ideally given between 27-32 weeks gestation in every pregnancy.

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

This vaccine is recommended between 32-36 weeks, 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. ***The RSV vaccine can be given at the same time as the pertussis and flu vaccines (as per SOGC recommendations).***

### 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.

**\*\*Please note that the measles vaccine is NOT safe to receive during pregnancy. The best time for this vaccine is before becoming pregnant, or during the post partum period and can be given by public health.**