

Should A Pregnant Woman Get a Flu Shot or other Vaccinations During Pregnancy?

Recommendations for vaccinating pregnant women vary based on the type of vaccine and the way the vaccine creates immunity. Some vaccines are made from “inactivated virus” and some are made from “live-virus”. The live virus vaccines are generally not recommended during pregnancy, because of a possible risk of transmitting the virus to the fetus. After receiving a vaccination of a live virus, a woman is counseled to avoid becoming pregnant for four weeks after the vaccine was given.

However, in certain circumstances the benefits of receiving the vaccine may outweigh the risks and vaccination should be considered. If a woman is at high risk of disease exposure due to her work, travel, or contact with people, the benefits of getting vaccinated likely outweigh the risks of contracting the disease. If she is at low risk of exposure, she may choose to not receive the vaccine or wait until she is no longer pregnant. The following table may be used as a general guide.

Name of Vaccine	Approved for use in Pregnancy?	Additional Information
Influenza (Flu)	Yes	Influenza vaccine is encouraged and can be given at any time during pregnancy. Nasal flu vaccination is not recommended at any time during pregnancy.
Hepatitis A	Consult with health care provider	The safety of hepatitis A vaccination during pregnancy has not been determined. The risk associated with vaccination should be weighed against the risk for hepatitis A in pregnant women who may be at high risk for exposure to [hepatitis A virus].

Hepatitis B	Consult with health care provider	Pregnancy is not a contraindication to vaccination. Pregnant women who are identified as being at risk for HBV infection during pregnancy should be vaccinated.
Human Papillomavirus (HPV)	No	Delay vaccination until completion of pregnancy
Measles(Commonly given with Mumps and Rubella)	No	Avoid becoming pregnant for 28 days after vaccination
Mumps(Commonly given with Measles and Rubella)	No	Avoid becoming pregnant for 28 days after vaccination
Rubella(German Measles)(Commonly given with Measles and Mumps)	No	Avoid becoming pregnant for 28 days after vaccination
Meningococcal	Consult with health care provider	There are no data available on the safety of this vaccine during pregnancy.
Pneumococcal(Pneumonia)	Consult with health care provider	Recommended only if there are additional issues such as medical, job-related, lifestyle or other conditions that increase risk. The safety of pneumococcal polysaccharide vaccine during the first trimester of pregnancy has not been evaluated
Polio (IVP)	No	Should be avoided unless at high risk for exposure. If a pregnant woman is at increased risk for infection and requires immediate protection against polio, IPV can be administered in accordance with the recommended schedules for adults.

Tetanus/Diphtheria/Pertussis (Td/Tdap)	Yes	Pregnant women should receive Td vaccine if indicated. Previously vaccinated pregnant women who have not received a Td vaccination within the last 10 years should receive a booster dose. Pregnant women who have not been previously vaccinated with Tdap should get one dose of Tdap during the third trimester or late second trimester (after 20 weeks gestation).
Varicella(Chickenpox)	No	Avoid becoming pregnant for one month after vaccination. Effects of vaccine on the fetus are unknown.
Zoster (Shingles)	No	Zostavax should not be administered to pregnant females; furthermore, pregnancy should be avoided for three months following vaccination.

For more information about vaccinating pregnant women and other immunization issues, go to "[Guidelines for Vaccinating Pregnant Women](#)", visit the [Utah Immunization Program website](#), talk with your health care provider, or contact the [Pregnancy Risk Line](#) at 1-800-822-2229.

Source: The Centers for Disease Control and Prevention. ***ACIP: Guidance for Vaccine Recommendations in Pregnant and Breastfeeding Women***, May 5, 2008. Online at - <http://www.cdc.gov/vaccines/pubs/preg-guide.htm>.

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