

# HEALTHY BEGINNINGS

## IMMUNIZATION AND PREGNANCY

Vaccines help keep a pregnant woman and her growing family healthy. Did you know that a mother's immunity is passed along to her baby during pregnancy? This will protect the baby from some diseases during the first few months of life until the baby can get vaccinated.

### BEFORE PREGNANCY

Before becoming pregnant, a woman should be up-to-date on routine adult vaccines to help protect her and her baby. Live vaccines should be given a month or more before pregnancy. Women who are pregnant should discuss vaccination with their health care provider. Talk with your health care provider about any vaccines you may need when planning for a healthy pregnancy.

### DURING PREGNANCY

#### Flu vaccine

It is safe and very important for a pregnant woman to receive the inactivated flu vaccine, since she is at risk for serious complications and hospitalization if she becomes ill with the flu.

#### Tdap vaccine

All pregnant women should receive the Tdap vaccine (which protects against Tetanus, Diphtheria, and Pertussis) between 27 and 32 weeks of gestation for each pregnancy. Receiving this vaccine during pregnancy helps protect babies against pertussis (whooping cough) until they are able to receive the vaccine themselves at two months of age.

#### Travel

Many vaccine preventable diseases, rarely seen in Canada, are still common in other parts of the world. Pregnant women planning international travel should discuss important vaccines with their health care provider.

#### Childhood vaccines

Pregnancy is a good time to begin learning about vaccines for your baby. Start a discussion with your partner and health care provider!

### AFTER PREGNANCY

It is safe for a woman to receive routine vaccines right after giving birth, even while she is breastfeeding. A woman who is not immune to measles, mumps or rubella should be vaccinated before leaving the hospital. A pregnant woman who will deliver during flu season is highly encouraged to receive vaccination against the flu, to protect her, and to protect her baby.

Not all recommended vaccines are offered free of charge, depending on eligibility. Talk to your health care provider.

#### Where to find more information

For more information, speak with a York Region Public Health nurse at 1-877-464-9675 ext. 73452.

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#### PUBLIC HEALTH

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