

Vaccinations and Pregnancy



Health Bulletin

Visit nyc.gov/health to see all Health Bulletins.
Call **311** to order free copies.



Protect and Prevent



Getting vaccinated during pregnancy can **protect you and your baby** from getting serious illnesses such as influenza (flu) and pertussis (whooping cough).



Infants are at a higher risk of being hospitalized from these illnesses. By getting vaccinated, you can **pass antibodies to your newborn** to protect them until they are old enough to get their own vaccines.



Vaccines are **safe and effective** and have been used for many years during millions of pregnancies.



For even more protection, make sure anyone who may be in contact with your newborn is up to date on all of their vaccinations.

A Healthy Pregnancy

It is important to get the flu and Tdap (tetanus, diphtheria and acellular pertussis) vaccines **during each pregnancy**:

- Get your flu vaccine at any time – it helps prevent complications from influenza, such as preterm labor.
- Get your Tdap vaccine during weeks 27 to 36 of pregnancy – it can reduce cases of whooping cough in infants by 90 percent.



Before you become pregnant, ask your health care provider to help make sure you are up to date on all of your vaccines, including measles, mumps and rubella (MMR) and varicella (chicken pox).

Finding Care



Ask your health care provider about the flu and Tdap vaccines – most insurance plans pay for them during pregnancy.



Check with your local pharmacy – many pharmacies offer vaccines without a prescription.



Visit the Health Department's Fort Greene Health Center or find a vaccination location in your neighborhood at **nyc.gov/health/map**.



If you are pregnant and uninsured, find out if you qualify for Medicaid, which covers pregnancy care regardless of your immigration status. To apply, visit **nystateofhealth.ny.gov**.

Your Vaccine History

Keeping a record of your vaccinations helps you and your baby stay healthy. Ask your health care provider to report all of your vaccinations to the Health Department's Citywide Immunization Registry (CIR) so:

- Your records are in one place
- You know which vaccines you have received and which ones are due
- Your health care providers can make sure you have received all recommended vaccines

Be sure to keep your own records as well. To learn more about the CIR, call **311** or visit **nyc.gov** and search for **CIR**.

Resources

Connect



@nychealthy



nychealth



@nychealthy



nychealth



nyc health

Learn More

Visit nyc.gov/health and search for **Pregnancy: Immunizations**

Visit cdc.gov and search for **Pregnancy and Vaccination**

Receive the Latest Health Bulletins

Email healthbulletins@health.nyc.gov



Visit nyc.gov/health/pubs for additional languages of this Health Bulletin and other translated health materials. You have the right to services in your language. These services are free at all New York City Health Department offices and clinics.