

# Recommended Vaccinations

The below recommendations are in accordance with American College of Obstetricians and Gynecologists (ACOG) and Centers for Disease Control and Prevention (CDC).

## Annual Flu Vaccine

Flu season is October-May. The vaccine changes every year, so it only lasts for one season. We recommend you receive the vaccine as early as possible during the season. We have a supply of flu vaccinations on-hand each year for our pregnant patients.

## Tdap Vaccine

The CDC recommends that pregnant patients receive the Tdap vaccine during the 3rd trimester of pregnancy. This is the tetanus, diphtheria, and pertussis (whooping cough) vaccine. Newborns are at high risk for acquiring pertussis until they have received this vaccine at 6 months of age.

By getting vaccinated during the 3rd trimester, you will pass some immunity to your infant. This is why your provider will recommend that you get vaccinated each pregnancy, even if you are up-to-date with preventative care guidelines. CDC also recommends your partner and anyone else frequently around your infant during the first 6 months be up-to-date within 10 years on this vaccine, as well, to avoid transmission of pertussis.

## COVID-19 Vaccine

ACOG, SMFM, ASRM, and CDC all recommend that this vaccine is safe and should be given to pregnant and lactating women. Research is ongoing to collect data from these groups of patients.

## RSV Vaccine

The RSV Vaccine Abrysvo is recommended between September through January for women who are 32 weeks through 36 weeks and 6 days during this time period. It is only recommended if you meet this gestational age criteria during the specific months. This is given at a retail pharmacy.

## Zika Virus

There is currently no Zika vaccine available. The Zika virus can be transmitted from a mother to her baby during pregnancy. This is a quickly changing risk in some areas. Refer to [cdc.gov/zika](https://www.cdc.gov/zika) for up-to-date information about areas of Zika transmission and ways to protect yourself from the Zika virus.