

VACCINATION IN PREGNANCY (VIP)

An Essential Component of Life-Course Immunization



Vaccination during pregnancy protects both you and your baby. When you get vaccinated, your body produces antibodies that pass through the placenta to your baby, providing protection during the first 6 months of life—before your baby can receive their own vaccines.

Safety: What You Need to Know

Extensive studies involving hundreds of thousands of pregnant women show that recommended vaccines are safe:

No increased risk of miscarriage



No increased risk of stillbirth



No increased risk of preterm birth



No increased risk of low birth weight



No increased risk of birth defects



No increased risk of NICU admission



Benefits: Why These Vaccines Matter

Protection for Your Baby

- **Pertussis (Whooping Cough):** 91% protection for infants under 3 months
- **Influenza (Flu):** 72% reduction in flu hospitalizations for infants under 6 months
- **RSV:** 82% protection against severe RSV disease in first 3 months
- **COVID-19:** 52% reduction in COVID-19 hospitalizations for infants under 6 months

Protection for You

- Pregnant women are at increased risk of severe disease and complications from influenza and COVID-19. Vaccination reduces



Hospitalization



ICU admission



Serious complications

Recommended Vaccines

Vaccine	When to Get It	Protection for Baby
Tdap (Tetanus, Diphtheria, Pertussis)	27–36 weeks of pregnancy Repeat with each pregnancy	91% protection against whooping cough in first 3 months
Influenza (Flu)	Any time during pregnancy Ideally before flu season	72% reduction in flu hospitalizations through 6 months
RSV	Check your local license and recommendations	82% protection against severe RSV disease in first 3 months
COVID-19	Any time during pregnancy Stay up-to-date with boosters	52% reduction in COVID-19 hospitalizations through 6 months

When to Get Vaccinated

Recommended timing of vaccination during pregnancy by gestational age

First Trimester (Weeks 0–13)

Second Trimester (Weeks 14–27)

Third Trimester (Weeks 28–40)

Influenza (Flu)	Any time during pregnancy (ideally before flu season)
COVID-19	At any time during pregnancy (including primary series and recommended booster doses)
Tdap	27–36 weeks
RSV	License/recommendations vary locally between week 24 to 36

Talk to Your Healthcare Provider

Every pregnancy is unique. Discuss your vaccination plan with your healthcare provider to ensure you and your baby receive the best protection at the right time.

Remember: These vaccines are safe, effective, and protect both you and your baby during pregnancy and the vulnerable first months of life.



References

Vaccination in Pregnancy. Vaccination in pregnancy: protecting mothers and infants. Updated 2025. Accessed February 26, 2026. <https://vaccinationinpregnancy.com/>