

# 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. We recommend you receive the vaccine as early as possible during the season. When we have the flu vaccines available in our office, we will offer the vaccine to our pregnant patients.

## Tdap Vaccine

The CDC recommends that pregnant patients receive the Tdap vaccine during the 3rd trimester of pregnancy. This is 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 with 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. We recommend your partner and anyone else caring for your infant during the first 6 months be up to date on this vaccine, as well.

## COVID-19 Vaccine

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

## 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.