

Vaccination during pregnancy



Health Prevention and Education Unit
Prepared by Licensed Health Educators

Objectives

Identify the recommended vaccinations before, during, and after pregnancy.



Describe the diseases for which each vaccination is recommended during pregnancy.

Highlight the importance of vaccination.

Importance of vaccines



Vaccines help protect the health of both mother and baby.

It takes approximately two weeks for the body to develop immunity.

Immunity is transferred to the baby before birth.

The complications associated with various diseases are prevented.

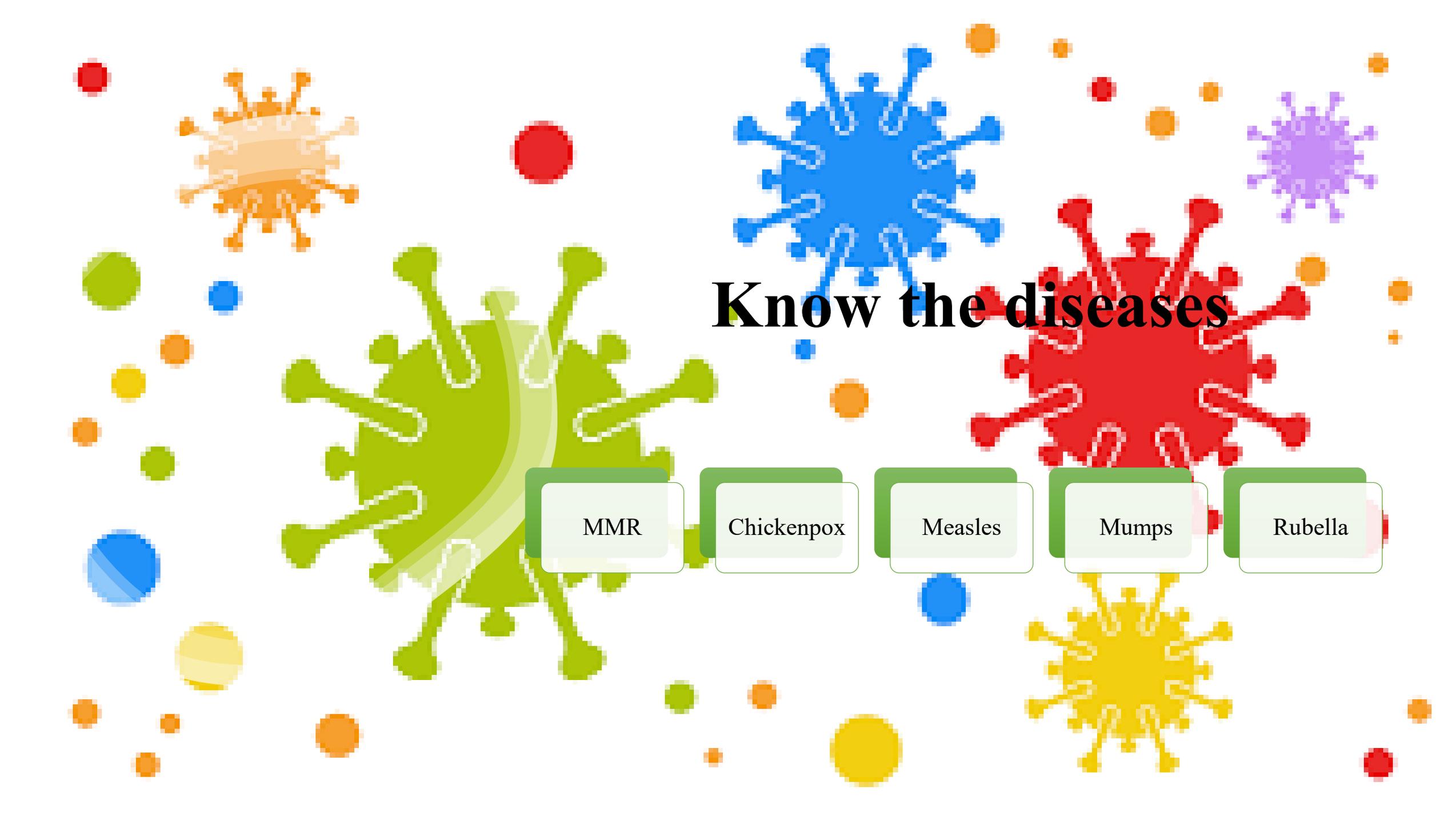
Some vaccines should be administered before pregnancy, and others during pregnancy.

Pregnant women who suffer from allergies should consult with their obstetrician/gynecologist to determine if vaccination is recommended.



Vaccinations before pregnancy





Know the diseases

MMR

Chickenpox

Measles

Mumps

Rubella

MMR vaccine

Protects against measles, mumps and rubella

If you are not vaccinated, you should receive the dose at least one month before becoming pregnant.

Ideally, you should wait until you are certain you are immune to the disease before planning to become pregnant. This is done through a blood test.

In children, the vaccine is recommended between 12 and 15 months of age, and then between 4 and 6 years of age.

Measles



Highly contagious, caused by a virus that reproduces in the nose and throat of an infected child or adult.

When a person coughs, sneezes, or talks, the infected droplets are expelled into the air, where others can inhale them and become infected.

Signs and symptoms appear 10 to 14 days after exposure.

It usually begins with a mild to moderate fever, accompanied by a persistent cough, runny nose, eye inflammation, and sore throat.

It is a relatively mild illness that can last two or three days.

When it becomes acute, it produces a rash. Reddish or whitish spots will appear on the mouth and face. These spots can then be spread to the arms, thighs, legs, and feet.

Measles

The vaccine has successfully reduced infections.

Approximately 90% of unvaccinated people who are exposed to someone with the virus can become infected.

Some complications can include ear infections, laryngitis, bronchitis, croup cough, pneumonia, and encephalitis.

In pregnancy, the disease can cause premature birth, low birth weight, or maternal mortality.



Mumps

A contagious disease that causes painful swelling of the salivary glands.

It is transmitted through droplets from the nose or mouth and through direct contact with items containing saliva from an infected person.

It is most common in children between 2 and 12 years old. However, infection can occur at any age.

The incubation period is approximately 12 to 25 days.

Some infected people show no signs or symptoms. Others may experience mild symptoms.

Symptoms appear about two to three weeks after exposure to the virus.



Symptoms



Pain in the swollen salivary glands on one or both sides of the face, pain when chewing or swallowing, fever, headache, muscle aches, weakness, fatigue, and loss of appetite.

In pregnant women, if the infection occurs during the first trimester, a miscarriage is very likely.

In men, it can cause pain in testicular tumors and swelling of the scrotum.

Mumps can also infect the central nervous system, the pancreas, and the testicles.

Most infected people recover, even if organs are involved.

After experiencing the disease, the person will be immune to mumps for life.

Rubella



Also known as, German measles.

Caused by a virus that is spread through the air or through close contact.

It is an infection that causes a skin rash.

If contracted during pregnancy, it can be very dangerous, as it can cause miscarriage, stillbirth, or serious birth defects..

A pregnant woman can transmit the disease to her baby through her bloodstream, which is classified as congenital rubella.

Symptoms

They appear two to three weeks after exposure to the virus. These may last one to five days.



- It can be transmitted from one week before the rash appears and up to two weeks after it disappears.
- Because the measles, mumps, and rubella (MMR) vaccine is given to most children, rubella is much less common these days.
- Almost everyone who receives the vaccine has immunity to rubella.
- Children and adults who have not been vaccinated against rubella can become infected.

Recommended vaccines during pregnancy



Recommendations during pregnancy

Vaccines containing killed viruses.

- If you have a higher risk factor for certain infections, your obstetrician/gynecologist may recommend other vaccines, such as the **hepatitis A and B** vaccines, **meningitis**, and **pneumonia** vaccines.

Vaccines containing live viruses (**chickenpox**, **MMR**, and **shingles**) should be **avoided** during pregnancy, because they may pose some risk.

- If you want to get vaccinated against whooping cough and influenza at the same time during your pregnancy, you can do so by consulting with your obstetrician/gynecologist.

Getting the whooping cough (Tdap), influenza, respiratory syncytial virus (RSV), and COVID-19 vaccines during pregnancy can keep you and your baby safe.



Recommended Vaccines During Pregnancy



Tdap

Influenza (Flu)

VSR

COVID-19



Tdap, protects against whooping cough, tetanus and diphtheria.

Two weeks after the vaccine is administered, antibodies are created in the person.

The vaccine should be administered between weeks 27 and 36 of pregnancy.

It takes longer for the body to transmit immunity to the baby.

Since vaccination began, tetanus and diphtheria have decreased by approximately 99%, and pertussis by approximately 80%.

The number of antibodies decreases, which is why vaccination is recommended during every pregnancy.

Once vaccinated, the baby will be protected for the first two months of life, reducing the chance of acquiring these diseases during that time by 78%.

What is Whooping Cough?

Also known as whooping cough, it is highly contagious.

It is transmitted from person to person, usually through coughing or sneezing.

About half of babies who acquire whooping cough are hospitalized.

It is caused by a type of bacteria called *Bordetella pertussis*.

Whooping cough does not cause the baby to cough. It causes life-threatening breathing difficulties.

The younger the baby is when they acquire whooping cough, the greater the likelihood of needing medical attention.

The bacteria release toxins that damage the cilia (small hair-like extensions that line part of the upper respiratory tract) and cause inflammation of the airways.

It can cause brain disease, violent and uncontrollable tremors, and the skin may turn blue or purple.



What is tetanus?

- It is a serious disease caused by the bacterium *Clostridium tetani*.
 - This bacterium can enter the body through cuts, scrapes, or wounds. It affects the nervous system and causes toxins to be produced.
 - It causes muscle spasms and cramps, mainly in the jaw and neck muscles. This limits the ability to open the mouth, swallow, and sometimes breathe, and can be life-threatening.
 - The spasms and cramps can be felt throughout the body.
 - There is still no cure for tetanus.
 - Treatment aims to control symptoms and complications until the effects of the toxin in the body disappear.
 - One (1) in every five (5) people is infected with tetanus and dies.
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What is diphtheria?



It is a highly contagious disease caused by the bacteria *Corynebacterium diphtheriae*.

It is transmitted through droplets when an infected person sneezes and coughs. It is also transmitted by sharing personal items such as eating utensils, glasses, tissues, towels, or by touching the wounds of an infected person.

This bacteria begins to multiply on the surface of the throat. It causes a thick layer to form at the back of the throat and leads to breathing problems, paralysis, heart failure, and death.

It spreads easily because it lingers in the air and is more likely to be transmitted in crowded conditions.

Symptoms

Thick membrane lining the throat and tonsils

Hoarseness

Enlarged lymph nodes in the neck

Difficulty breathing or rapid breathing

Runny nose

Fever and chills

Malaise



Influenza

It is a contagious respiratory illness caused by influenza viruses.

It is transmitted through droplets produced when people with influenza cough, sneeze, or talk.

It can be acquired by touching a surface or object contaminated with the virus and then touching your mouth, nose, or eyes.

The illness can be mild or severe and can sometimes lead to death.

Symptoms include fever, chills, cough, sore throat, body aches, fatigue, vomiting, and diarrhea.

Influenza

The Centers for Disease Control and Prevention (CDC) indicates that it is safe to receive the flu vaccine during pregnancy.

Babies born to vaccinated women are protected from influenza during their first months of life.

If the mother becomes infected during pregnancy, there is an increased risk of problems such as premature labor and birth (before 37 weeks of pregnancy).

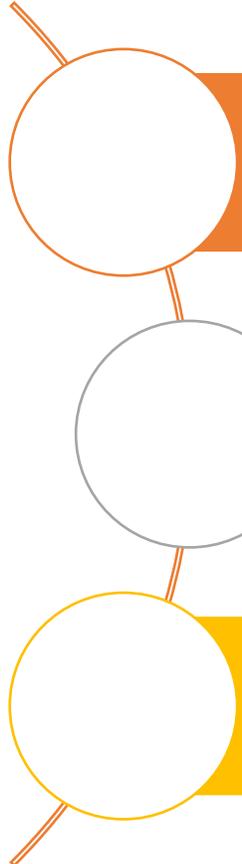
A common symptom is fever, which can be associated with neural tube defects and other adverse outcomes for the baby.



Pregnant women are more likely to become infected during the first trimester, and the risk of influenza increases with each month of pregnancy.

During pregnancy, the risk of miscarriage and the possibility of a lower birth weight may increase.

Respiratory Syncytial Virus (RSV)



It's a very common virus, usually causing mild, cold-like symptoms.

RSV is the most common microbe causing lung and respiratory tract infections in infants and young children.

Some symptoms include cough, fever, irritation, runny nose, and sneezing.



RSV vaccines

Vaccines help protect children and older adults against RSV infection.



Vaccination is recommended for women 32 to 36 weeks pregnant and entering the RSV circulation season in the community.



RSV is most common during the fall and winter months.

COVID-19

The COVID-19 vaccine has been recommended for pregnant and breastfeeding women. The CDC reports that evidence regarding the vaccine's safety and effectiveness during pregnancy has been growing.

Getting vaccinated against COVID-19 can protect you from getting seriously ill.

Data suggests that the benefits of getting vaccinated outweigh any known risks of getting vaccinated during pregnancy.

Pregnant or recently pregnant women are more likely to get seriously ill from COVID-19 compared to other people.

COVID-19

Through breastfeeding, you can pass antibodies to your baby.

They reduce the risk of severe illness and other side effects from COVID-19.

None of the COVID-19 vaccines contain the live virus.

COVID-19 vaccination during pregnancy generates antibodies that help protect your baby.

COVID-19 vaccines cannot cause infections in anyone, including pregnant women or their babies.

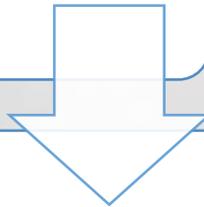
The vaccines are effective at preventing COVID-19 in breastfeeding individuals.

Breastfeeding individuals who have received mRNA COVID-19 vaccines have been shown to have antibodies in their breast milk, which may help protect their babies.

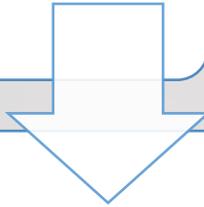
COVID-19 vaccination may help prevent stillbirths and premature births.

Side effects of vaccines

Side effects can vary from person to person.



They are generally mild and may include redness, swelling, pain and tenderness at the injection site, body aches, fatigue, and fever.



To learn about the reported side effects for each vaccine, you can visit the following link: <http://www.cdc.gov/vaccines>

Questions and Comments



References:

- <https://medlineplus.gov/spanish/ency/article/001557.htm>
- <https://www.mayoclinic.org/es/diseases-conditions/mumps/symptoms-causes/syc-20375361>
- <https://medlineplus.gov/spanish/ency/article/001574.htm>
- <https://www.mayoclinic.org/es/diseases-conditions/tetanus/symptoms-causes/syc-20351625>
- <https://espanol.cdc.gov/flu/spotlights/2020-2021/influenza-pregnancy-loss.htm>
- <https://espanol.cdc.gov/flu/about/keyfacts.htm>
- <https://www.cdc.gov/covid/vaccines/pregnant-or-breastfeeding.html>
- <https://www.hhs.gov/es/immunization/who-and-when/pregnant/index.html>
- <https://www.cdc.gov/vaccines-pregnancy/es/about/acerca-vacunas-embarazo.html>
- <https://medlineplus.gov/spanish/ency/article/007797.htm#:~:text=Los%20CDC%20recomiendan%20una%20dosis,de%206%20meses%20de%20vida.>

Social and Emotional Aspect



For recommendations, tools, and resources on how you and your family can address the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

24 hours a day/ 7 days a week

1-844-347-7801

TTY/TDD 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD 1-844-347-7805

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