

Vaccines and Pregnancy

Health Education and Prevention Unit
Prepared by Licensed Health Educators



We will start soon ...

Objectives:



Identify which vaccines are suggested before, during and after pregnancy.

Describe the diseases for which vaccination is recommended in the gestation process.

Exposing risks versus benefits of vaccination.



What's the purpose of vaccines?

Vaccines help protect the health of the mother and the baby.

It takes about 2 weeks for the body to build immunity.

Immunity is transferred to the baby before birth.

Complications associated with different diseases are avoided.

Some vaccines that must be administered before becoming pregnant and others during the pregnancy process.

Vaccination is not recommended for some people with allergies. If so, you should consult with your OB / GYN to assess whether vaccination is safe for you.

Immunizations Before Pregnancy



Know the diseases



MMR Vaccine Protects against Measles, and Rubella:

If not vaccinated, it must be applied at least one month before becoming pregnant.

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

It is recommended that the vaccine be given between 12 and 15 months of age; and then between 4 and 6 years of age.

Measles



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

When a person with measles coughs, sneezes, or talks, the infected droplets are expelled into the air, where they can be inhaled and infected by other people.

The signs and symptoms appear 10 to 14 days after being exposed to the virus.

It usually begins with a mild to moderate fever, accompanied by a continuous cough, runny nose, swollen eyes (conjunctivitis), and a sore throat.

The relatively mild illness can last two to three days.

When the disease becomes acute it produces a rash. Tiny reddish or whitish spots will be seen inside the mouth and on the face. Over the next few days, they can be transferred up to the arms, thighs, legs, and feet.


Measles

The vaccine has managed to reduce infections.

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

Some of the complications may be, ear infection, laryngitis, bronchitis and cough of Croup, pneumonia, encephalitis.

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



Mumps

Contagious disease that causes painful inflammation of the salivary glands.

Caused by a virus, which is transmitted from one person to another through droplets that come out of the nose or mouth, and by direct contact with items containing saliva from an infected person.

Mumps is most common in children between the ages of 2 and 12. However, the infection can occur at any age.

The incubation period is approximately 12 to 25 days

Some infected people have no signs or symptoms. In other people they can be mild.

Signs and symptoms appear about two to three weeks after exposure to the virus.

Symptoms

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

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

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

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

Most infected people generally get better, even with compromised organs.

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

Rubella

Also known as German Measles.

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

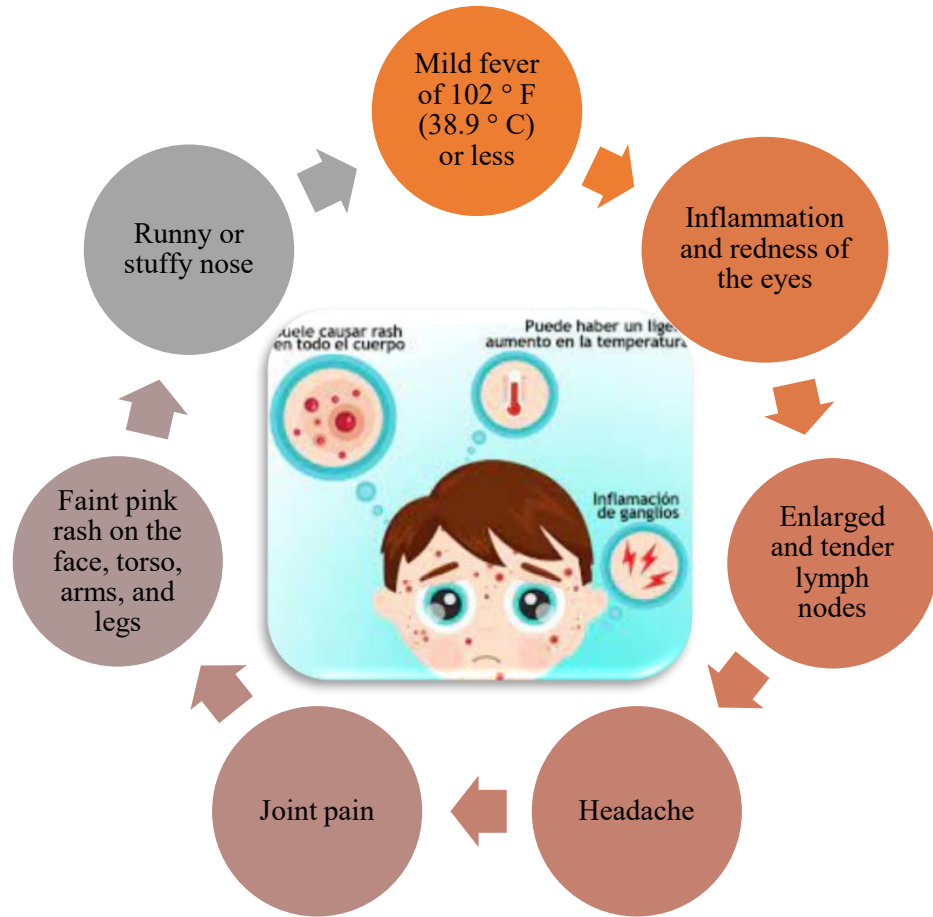
It can be spread when an infected person coughs or sneezes. Also, by direct contact with the respiratory secretions of an infected person (mucus).

If infected during pregnancy, it can be very dangerous because it can cause miscarriage, fetal death, or serious birth defects.

In the same way, the pregnant person can transmit the disease through the bloodstream to the baby that is still in the uterus; what is classified as congenital rubella.

Symptoms

They appear between two and three weeks after exposure to the virus. They last from one to five days.



- It can be transmitted from a week before the rash appears and up to 2 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 get it.

A pregnant woman with curly hair is sitting on a couch, smiling and gently holding her belly. She is wearing a white t-shirt and a light-colored cardigan. The couch has a patterned pillow with colorful polka dots. The background is a plain, light-colored wall. The image is framed with rounded corners.

Immunizations During Pregnancy

During pregnancy, only the following is recommended:

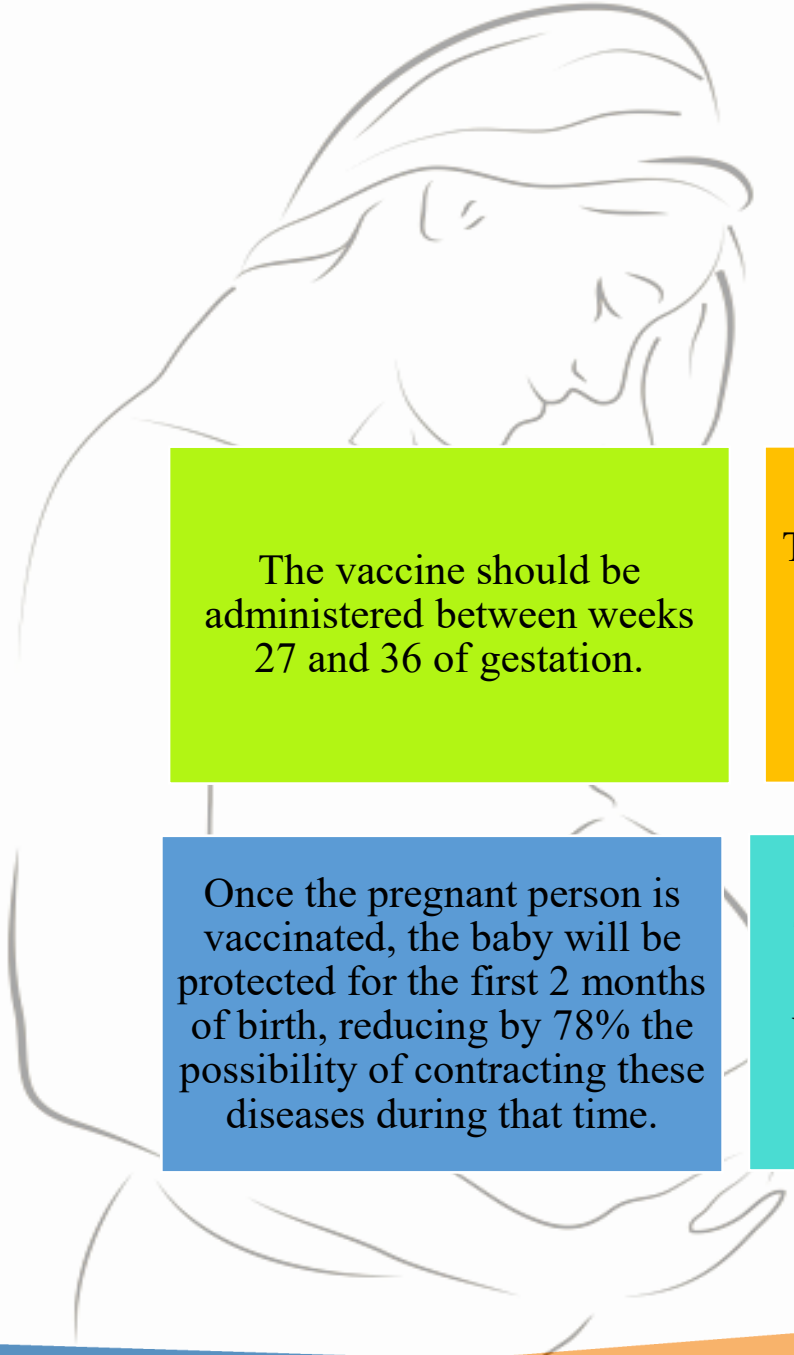
- Vaccines that have killed viruses.
- If there is an increased risk of getting certain infections, your OB / GYN may recommend other vaccinations during pregnancy, such as Hepatitis A and B, Meningitis, and Pneumonia.
- Vaccines that contain live viruses should be avoided during pregnancy because they may pose a risk (eg, chickenpox, MMR, and shingles).
- If you'd like, you can get a whooping cough and flu vaccine at the same time during your pregnancy.



Recommended vaccines during pregnancy:



- Tdap
- Influenza
- COVID-19



Protects against Pertussis, Tetanus and Diphtheria.

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

Two weeks after administering the vaccine, antibodies are created for the pregnant person.


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

Once the pregnant person is vaccinated, the baby will be protected for the first 2 months of birth, reducing by 78% the possibility of contracting these diseases during that time.

The antibodies decrease as time passes, for this reason vaccination is suggested for each pregnancy.

Since vaccination began, tetanus and diphtheria have decreased by about 99% and whooping cough by about 80%.

What is whooping cough?

- Also known as pertussis, it is highly contagious.
 - It is caused by a type of the bacterium *Bordetella Pertussis*.
 - 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 is spread from person to person, usually by coughing or sneezing.
 - Whooping cough does not cause the baby to cough. It causes respiratory distress which puts his life in danger. It can cause brain diseases; violent and uncontrollable tremors and your skin can turn blue or purple.
 - Half of babies who get whooping cough are hospitalized and of these, about 1 in 4 will get pneumonia and 1 or 2 in 100 will die.
 - The younger the baby is when he gets whooping cough, the more likely he is to need careful medical attention.
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What is Tetanus?

It is a serious disease caused by the bacterium *Clostridium Tetani*.

This bacteria can insert into the body through cuts, scrapes or wounds, affects the nervous system and causes toxins to be produced.

It causes muscle spasms and cramps, mainly in the jaw and neck muscles. This prevents opening the mouth, swallowing and sometimes breathing, which can be life-threatening.

Spasms and cramps can be felt throughout the body.

There is still no cure for tetanus.

Treatment seeks to control symptoms and complications until the effects of the toxin in the body wear off.

Currently, it is rare in the United States.


1 in 5 people infected with tetanus dies.



What is Diphtheria?

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

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



It is transmitted through the droplets that come out when an infected person sneezes and coughs. Also, when sharing personal items such as cutlery, glasses, tissues, towels; or by touching the wounds of an infected person.

Diphtheria spreads easily because it stays in the air and is more likely to be spread in crowded conditions.

Symptoms

A thick, gray-colored membrane that lines the throat and tonsils

Sore throat and hoarseness

Enlarged lymph nodes in the neck

Shortness of breath or rapid breathing

Runny nose

Fever and chills

General malaise

Influenza

It is a contagious respiratory illness caused by influenza viruses.

It is spread by the tiny droplets that are produced when people with the flu cough, sneeze, or talk.

You can also get the flu by touching a surface or object contaminated with this virus and then touching your mouth, nose, or eyes.

The disease can be mild or severe, sometimes causing death.

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

Influenza and Pregnancy

- The CDC indicates that it is safe to get the flu vaccine before and during pregnancy.

Babies born from vaccinated mother's are protected from influenza during their first months of life.

If you get the flu during pregnancy, you are at higher risk for serious problems such as labor and premature birth (before 37 weeks of pregnancy).

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



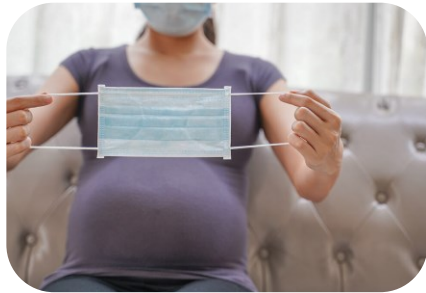
Pregnant people are more likely to be infected during the first trimester, and the risk of getting the flu increased with each month of pregnancy during peak infection season.

During pregnancy can increase the risk of miscarriage and lower weight of the baby at birth.

Complications associated with Covid-19



Respiratory complications requiring intensive care



Need an artificial ventilator



Need a cesarean section

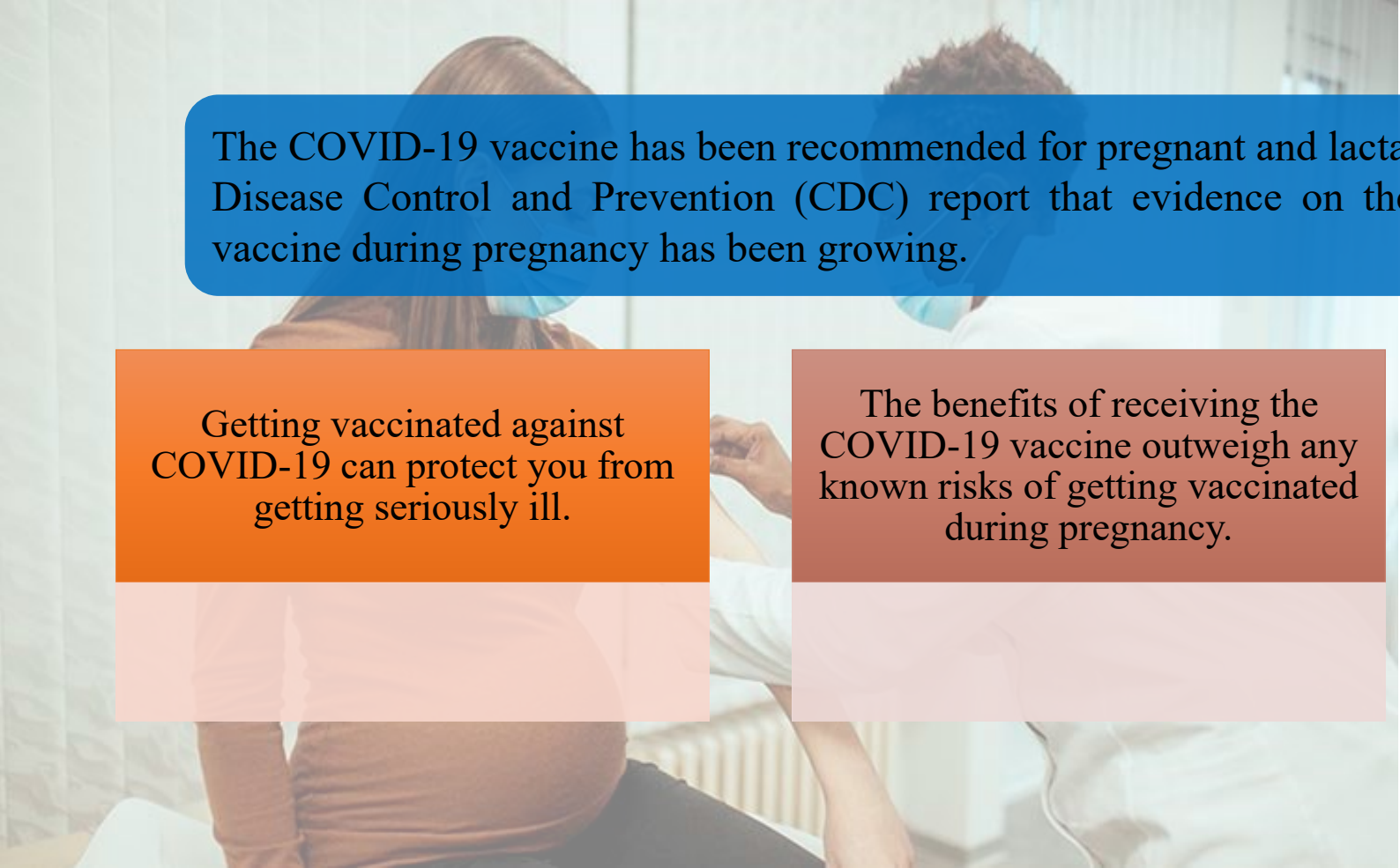


Have a preterm labor



The baby is more likely to need to be admitted to the neonatal care unit

Vacunación COVID-19 en embarazadas



The COVID-19 vaccine has been recommended for pregnant and lactating women. The Centers for Disease Control and Prevention (CDC) report that evidence on the safety and efficacy of the vaccine during pregnancy has been growing.

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

The benefits of receiving the COVID-19 vaccine outweigh any known risks of getting vaccinated during pregnancy.

People who are pregnant or have recently been pregnant are more likely to become seriously ill from COVID-19 compared to non-pregnant people.

COVID-19 vaccination in pregnant women



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



Vaccines are effective in preventing COVID-19 in breastfeeding people.



Recent reports have shown that breastfeeding people who have received COVID-19 mRNA vaccines have antibodies in their breast milk, which could help protect their babies.


If you breastfeed your baby, you can pass antibodies against all viruses that have been vaccinated or previously exposed to.

Side Effects

Side effects can vary from person to person.

In general, they are usually mild and can include redness, swelling, pain and tenderness where the injection is given, body aches, fatigue and fever.

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



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with 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

1-844-347-7801

TTY/TDD 1-844-347-7804




**Thank you for your participation For
more information:mas@firstmedicalpr.com**



Code to access the
Event Evaluation

References:

- <https://www.cdc.gov/pertussis/pregnant/mom/get-vaccinated-sp.html>
 - <https://www.cdc.gov/pertussis/about/diagnosis-treatment-sp.html>
 - <https://www.mayoclinic.org/es-es/diseases-conditions/measles/symptoms-causes/syc-20374857>
 - <https://medlineplus.gov/spanish/ency/article/001557.htm>
 - <https://www.mayoclinic.org/es-es/diseases-conditions/mumps/symptoms-causes/syc-20375361>
 - <https://medlineplus.gov/spanish/ency/article/001574.htm>
 - <https://www.protegetevacunate.com/mujeres-embarazadas>
 - <https://www.mayoclinic.org/es-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>
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