

### Tip 3: Become up-to-date with vaccines.

If you are pregnant or planning a pregnancy, the specific [vaccines](#) you need are determined by your age, lifestyle, medical conditions, travel, and previous vaccinations. Talk with your healthcare provider about getting up to date on all your vaccines. [CDC](#) recommends that pregnant women get two vaccines **during** every pregnancy: the inactivated flu vaccine (the injection, not the live nasal spray flu vaccine) and the Tdap vaccine. Vaccines help protect you and your baby. Having the right vaccinations at the right time can help keep you and your baby healthy.



**Flu:** Getting a flu shot is the first and most important step in protecting against flu. The flu shot given during pregnancy has been shown to protect both mom and baby (for up to 6 months after delivery) and reduces associated flu symptoms like a fever – which may be associated with neural tube defects and other adverse outcomes for a developing baby.

**Tdap:** You should get the Tdap vaccine near the end of each pregnancy (weeks 27 – 36). After getting the shot, your body will make protective antibodies that will pass to your baby before birth and provide some short-term protection against whooping cough. Anyone helping to take care of a new baby should also receive the Tdap vaccine before the baby is born. Vaccination of pregnant women with Tdap is especially important to help protect babies.

Pregnant people are more likely to get severely ill with COVID-19 compared with non-pregnant people. **If you are pregnant, you can receive a [COVID-19 vaccine](#).** Getting a COVID-19 vaccine during pregnancy can protect you from severe illness from COVID-19. If you have questions about getting vaccinated, a conversation with your healthcare provider might help, but is not required for vaccination.

Getting vaccinated is easy and vaccines are available at the doctor's office and many pharmacies and most are covered by insurance. Did you know that most health insurance plans cover recommended vaccines for both children and adults at little or no cost to you? And even if you don't have health insurance, you can still get vaccinated and you may be able to do it for free or at low cost.

Federally funded health centers provide preventive services and wellness care, including vaccines — and may offer sliding fees based on your income. Find a [health center](#) near you. Your state health department can also tell you where to go for free and low-cost vaccines, including community centers, schools, and religious centers. Please refer to our Tip Resources Map for you state.

### Social Media:

**Not all birth defects can be prevented. But you can increase your chances of having a healthy baby by being your healthiest self both before & during pregnancy. Vaccines help protect you & your developing baby against serious diseases. #HealthyCommunitiesHealthyBabies #NBDAM**