

Flu Vaccines & Pregnancy

The risks of influenza (flu) are underestimated by many, but they can result in severe illness to a pregnant person, as well as increase the risk of pre-term labor and fetal death.

During pregnancy, the flu vaccine helps to protect mothers, and the antibodies can cross the placenta, providing up to six months of protection for the baby. Vaccination is also safe during breastfeeding and can share protective antibodies with an infant through breast milk.

48%

Reduction in infant flu infection risk when mom is vaccinated during pregnancy



Side effects, such as soreness at the injection site, fatigue, and low-grade fever, are usually minor, treatable, and only last few days, if at all.

The World Health Organization considers pregnant populations as the highest priority group for flu vaccination.

Seasonal Flu Vaccines

IIV*



Inactivated Vaccine
Recommended

The CDC and American College of Obstetricians and Gynecologists recommend getting the flu vaccine annually, especially during flu season or by the end of October.

The most commonly available versions, the inactivated influenza vaccines (IIV or RIV4), are recommended for pregnant populations.

RIV4



Recombinant Vaccine
Recommended

There is no evidence of adverse fetal effects from vaccinating pregnant women with the inactivated virus.

LAIV4



Live Attenuated Vaccine
NOT Recommended

*IIV vaccines are grown in cell cultures or in eggs. Both methods have been shown to be safe for individuals with egg allergies. However, if you have concerns, talk to your provider about your flu vaccination options.

For more info: www.swhr.org