CVEEP

Your Pregnancy Vaccine Guide: Questions to Ask at Prenatal Visits

Pregnancy is a great time to talk with your healthcare team about vaccines. Respiratory illnesses like COVID-19, flu, and RSV can start with mild symptoms, such as a cough or runny nose, but can lead to serious complications, including pneumonia, trouble breathing, and hospitalization. Getting recommended vaccines during pregnancy can help protect both pregnant women and their babies from severe illness.

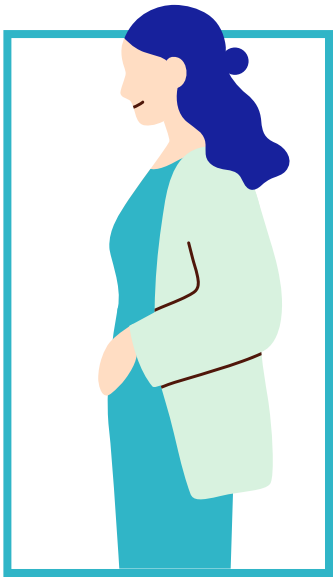
Ask your healthcare team which vaccines are recommended for you and when to get them. Some vaccines are recommended at specific stages of pregnancy, while others depend on the time of year and your vaccination history. Planning together can help you feel informed and confident about your vaccine decisions throughout pregnancy.

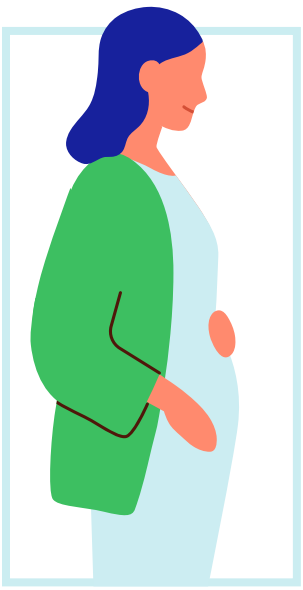
First Trimester: Start the Conversation

Your first prenatal visits are a good time to review your vaccination history and make a plan for the months ahead.

Ask your provider:

- ☐ Which vaccines are recommended during my pregnancy?
- ☐ What should I know about vaccine safety during pregnancy?
- ☐ Are there any vaccines I should receive now?
- ☐ How do vaccines help support a healthy pregnancy?
- ☐ When during my pregnancy should I get different vaccines?
- ☐ Are there vaccines that are recommended if I will be pregnant or giving birth during respiratory illness season?





Second Trimester: Review Your Plan

As your pregnancy progresses, check in with your provider about the vaccines you may need later in your pregnancy.

Ask your provider:

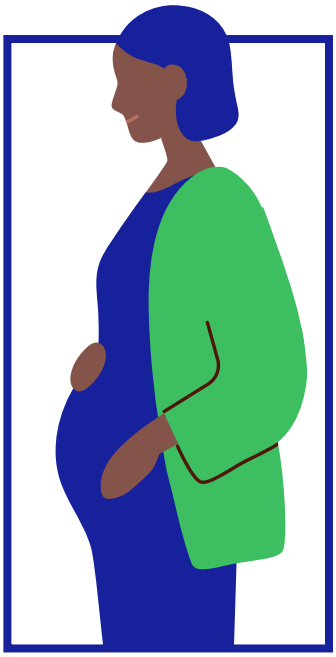
- ☐ Am I on track to receive the vaccines recommended for me during my pregnancy?
- ☐ Are there any vaccines I should receive at this visit?
- ☐ Are there any vaccines I should schedule now?
- ☐ Can I receive more than one vaccine during the same visit?
- ☐ If I received a vaccine before I was pregnant, do I need to get it again during this pregnancy?
- ☐ Are my recommended vaccines covered by insurance?

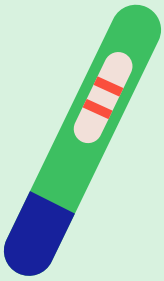
Third Trimester: Prepare for Delivery

Some vaccines are recommended during this stage of pregnancy to help protect your baby at birth. Talk to your provider about whether it's the right time to receive them.

Ask your provider:

- ☐ Are there vaccines you recommend that I get now?
- ☐ How do these vaccines help protect my baby?
- ☐ Are there any side effects that I should expect?
- ☐ Are there any other vaccines I should get before giving birth?
- ☐ Should my partner, family, or other caregivers get any vaccines before the baby arrives?
- ☐ Are there vaccines I should get after my baby is born?
- ☐ Where can I get vaccinated—at my doctor's office or a pharmacy?





Vaccines Recommended During Pregnancy

Expecting mothers are recommended to receive four vaccines during pregnancy:

1. Tdap (tetanus, diptheria, and pertussis)
2. Flu
3. COVID-19
4. RSV

CVEEP Vaccine Locator Tool

Not sure whether you're due for a vaccine?
Talk to your healthcare provider or pharmacist and check out our Vaccine Locator to help find a vaccination location near you.