

Pregnancy and Flu, COVID-19, and RSV: How to Protect Yourself and Your Baby



When you're pregnant, your immune system changes, making you more likely to get very sick with a respiratory illness like flu or COVID-19. You can help prevent these illnesses and lessen their severity by getting this season's flu and COVID-19 vaccines. Being vaccinated can also help your baby stay protected from the moment they're born.

Pregnant people are at higher risk for severe flu or COVID-19.

- From 2010 to 2019, at least **1 in 4 women of childbearing age** who were hospitalized with the flu were pregnant.
- If you are pregnant, you are **2.5x more likely** than people your age who are not pregnant to need emergency hospitalization from COVID-19.

Getting sick with a respiratory virus during pregnancy can be dangerous for you and your baby. Pregnancy puts you at higher risk for complications from flu or COVID-19. If you get very sick with flu or COVID-19, your pregnancy can be at risk for serious outcomes such as miscarriage, preterm birth, or stillbirth. That is why prevention is so important.



Get started at vaccines.gov

**RISK LESS.
DO MORE.**
Get this season's vaccines



A campaign to increase awareness and uptake of vaccines for flu, COVID-19, and RSV in at-risk populations.

Vaccines help you risk less and do more for yourself and your baby.

Did you know that getting a flu or COVID-19 vaccine during pregnancy passes protective antibodies to your baby? Vaccinating against flu and COVID-19 during your pregnancy can also help keep you from getting sick. Even if you do get sick after getting vaccinated, your symptoms will likely be mild. Vaccines are also a more dependable way to build immunity than from catching a virus. If you keep yourself from getting very sick, you can avoid spreading a disease to your newborn after you give birth. If you haven't gotten them yet, you need an annual flu vaccine and a 2024–2025 COVID-19 vaccine. The vaccine formulas change, so they can work better against the viruses circulating in your community.

Your RSV vaccine is your baby's vaccine.

Your doctor may also recommend that you get an RSV vaccine while pregnant to help protect your baby. RSV is another respiratory virus that is serious for infants. In fact, RSV is the number one cause of infant hospitalizations in the United States. A case of severe RSV can lead to trouble breathing and dehydration for your baby. **You can get an RSV vaccine to help protect your baby if you are 32–36 weeks pregnant during RSV season** (September 1 through January 31 in most of the United States). Those who cannot or opt not to get a maternal RSV vaccine can still protect their babies from severe RSV with an antibody immunization given to the baby soon after birth.