

# MotherToBaby Reminds the Public About the Importance of Vaccinations During Pregnancy

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As we enter the 2024-2025 respiratory virus season, MotherToBaby wants to highlight the importance of vaccinations during pregnancy. All pregnant people are recommended to receive the annual flu shot and an updated 2024-2025 COVID-19 vaccine. Tdap, and the Abrysvo® RSV vaccine are recommended in the third trimester. These vaccines are well studied in pregnancy and not expected to increase risks for the developing baby. Furthermore, by protecting the pregnant person from diseases like the flu, COVID-19, pertussis, and RSV, vaccinations can help reduce the risk of pregnancy complications and ensure babies are born with protection against serious illnesses.

MotherToBaby knows that people who are pregnant have a lot to remember. Between taking a prenatal vitamin every day, getting blood work done, attending prenatal visits, and preparing for baby's arrival, the pregnancy to-do list can feel never-ending. In an effort to provide a simplified reminder about the four vaccines recommended in pregnancy and why they are each so important, MotherToBaby has created a helpful infographic available for download below.

"This infographic is a great reminder of the many benefits vaccinations offer during pregnancy" shared Kirstie Perrotta, MPH, co-chair of MotherToBaby's Emerging Issues Task Force. "Getting these vaccines on time is one of the most important things a pregnant person can do for their health and the health of their baby."

# Protecting You and Your Baby

## Vaccines Recommended in Pregnancy



**Did you know?**  
Vaccines are well studied in pregnancy and not shown to increase risks for the developing baby.

### Flu Shot

**The flu** during pregnancy increases your chance of getting very sick. This can lead to pregnancy problems, hospitalization, and even death.

**GET VACCINATED** with the flu shot every year, in any trimester of pregnancy.

### COVID-19 Vaccine

**COVID-19** infection in pregnancy increases your chances of pregnancy problems, being hospitalized, needing a ventilator, and death.

**GET VACCINATED** with the updated COVID-19 vaccine every year, in any trimester of pregnancy.

### RSV Vaccine

**RSV (respiratory syncytial virus)** can cause severe illness in babies. Getting the vaccine in pregnancy protects the baby from RSV after delivery.

**GET VACCINATED** with the Abrysvo® RSV vaccine in weeks 32-36 of pregnancy between September and January. (RSV season may differ in some areas. Check with your healthcare provider.)

### Tdap

**Pertussis (whooping cough)** can be serious and even life threatening for young babies. Getting the Tdap vaccine in each pregnancy protects the baby from pertussis after delivery.

**GET VACCINATED** with Tdap in the third trimester (27-36 weeks) of every pregnancy.



**Did you know?**  
Studies show that antibodies you make after getting vaccinated in pregnancy pass to your baby and can protect them for months after they are born.



For more information about vaccines or other exposures in pregnancy or lactation, **call 866-626-6847, text 855-999-3525**, or visit <https://mothertobaby.org/> to live chat or email and access fact sheets, baby blogs, podcasts and more!

For a PDF version of the infographic, click [here](#).

MotherToBaby also has other resources available on the topic of vaccination in pregnancy.

Be sure to subscribe to The MotherToBaby Podcast so you don't miss our upcoming episode series on vaccination. The podcast is available on iTunes, Amazon Music or wherever you listen to podcasts.

Past vaccine-related podcast episodes:

[RSV Vaccine in Pregnancy](#)

[Vaccine Questions during Pregnancy Answered](#)

[Vaccine Questions during Breastfeeding Answered](#)

[COVID-19 Vaccine in Pregnancy](#)

Read our recent Baby Blogs discussing vaccination here:

- <https://mothertobaby.org/baby-blog/another-vaccine-in-pregnancy-yes-and-heres-why-thats-good-news/>
- <https://mothertobaby.org/baby-blog/immunization-education-everything-you-need-to-know-about-vaccines-before-and-during-pregnancy/>

And check out our vaccine fact sheets here:

- <https://mothertobaby.org/fact-sheets/covid-19-mrna/>
- <https://mothertobaby.org/fact-sheets/covid-19-protein-subunit-vaccine/>
- <https://mothertobaby.org/fact-sheets/seasonal-influenza-vaccine-flu-shot-pregnancy/>
- <https://mothertobaby.org/fact-sheets/tetanus-diphtheria-pertussis-tdap-vaccine-pregnancy/>
- <https://mothertobaby.org/fact-sheets/respiratory-syncytial-virus-rsv-vaccine-abrysvo/>

Still have more questions? MotherToBaby specialists are happy to assist you further. Please feel free to call, chat, text, or email for more information: <https://mothertobaby.org/contact/>

**Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://mothertobaby.org).**

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## **MotherToBaby Reminds the Public About the Importance of Vaccinations During Pregnancy**

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We hope you'll join MotherToBaby and partners around the world for an Instagram LIVE on Thursday, March 3rd at 10a PT/1pm ET for World Birth Defects Day. MotherToBaby experts will be answering questions about COVID-19 vaccines during pregnancy and while breastfeeding.

You can participate by:

- Following **@MotherToBaby** on Instagram
- Tap the small badge around the story circles at the top of the screen that says "live" to enter the live stream at 10a PT/1p ET.
- Once you're in the livestream, you can ask a question and/or add a comment. Let us know you're there! World Birth Defects Day is an opportunity to spread the word about preventing birth defects and sharing resources. We hope to see you there on 3/3/2022!



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World Birth Defects Day is March 3 and MotherToBaby is a proud partner in two of the events scheduled for that day – the Facebook Live Event at 1p ET about the COVID-19 vaccine in pregnancy and breastfeeding featuring our own Sonja Rasmussen, MD, Lorrie Harris-Sagaribay, MPH, Kirstie Perrotta, MPH and our Past President Robert Felix. In addition, a #WorldBDDay Twitter chat is scheduled and, alongside the non-profit Family Voices, our Al Romeo, RN, PhD, will present a free webinar on lead exposure at 2p ET. We hope you’ll mark your calendar for all of the events scheduled for March 3 and support World Birth Defects Day by taking part! Here is the full rundown of the activities outlined by our partners at the International Clearinghouse on Birth Defects Surveillance and Research:

## LIVE EVENTS on March 3<sup>rd</sup>

Time	Event	How to Participate
8 AM EST / 2PM CET	<b>WHO WBDD webinar</b> <b>via Zoom:</b> Saving lives of babies with birth defects and improving their quality of life	1) Registration details will be made available soon.
11 AM EST/8 AM PST	<b>#WorldBDDay</b> <b>Twitter Chat:</b> Many birth defects. One voice	1) Promote event with sample tweets and promotional graphic-Eng, Span 2) Prepare responses and participate live or schedule tweets (script)

1PM EST/10AM PST	<b>Facebook Live Event: COVID-19 Vaccine in Pregnancy &amp; Breastfeeding</b>	Follow MotherToBaby on March 3 to take part and ask questions! <a href="https://fb.me/e/A2mTOEya">https://fb.me/e/A2mTOEya</a>
2PM EST/11AM PST	<b>Free webinar on lead exposure in pregnancy</b>	Register at: <a href="http://bit.ly/FV_MTB_2021_Lead">http://bit.ly/FV_MTB_2021_Lead</a>

### ***Event Descriptions***

## ***WHO World Birth Defects Day Webinar via Zoom***

8:00AM EST / 2:00PM CET

All children have the right to a healthy start in life. Babies born with birth defects are particularly at risk of death and lifelong disability. Many birth defects can be prevented and treated. But, when a baby is born with a birth defect, receiving the right care as soon as possible gives them the best chance to life and helps them reach their maximum potential. There is a need for strengthening healthcare services to meet the needs of babies born with a birth defect, in particular in low-and-middle income countries of Asia and Africa, where the health care systems are the weakest and the burden of birth defects is the highest. To promote quality of care and universal health coverage for children with birth defects, we must bring to light the human rights perspective and the need for advocacy.

With this webinar, we would like to commemorate World Birth Defects Day to raise awareness about **#ManyBirthdefects1Voice**. Registration details will be shared soon.

## ***#WORLDBDDAY Global Twitter Chat***

On March 3<sup>rd</sup> at 11:00AM EST, 5:00PM CET, join us during the Twitter Chat as one voice to raise awareness about birth defects. To prepare, get the bilingual **script** and questions here. Even if you cannot join us live, please schedule a tweet using **#WorldBDDay** at this time.

# World Birth Defects Day Twitter Chat

\*Chat in English and Spanish

**WEDNESDAY,  
MARCH 3  
AT 11 A.M. EST**

#WorldBDDay



## ***Facebook Live Event: COVID-19 Vaccine in Pregnancy & Breastfeeding***

The event panel includes moderator Robert Felix, MD; and speakers Sonja Rasmussen, MD, Lorrie Harris-Sagaribay, MPH, and Kirstie Perrotta, MPH.

Follow MotherToBaby at <https://fb.me/e/A2mTOEya>



## ***Lead Exposure Webinar***

As parents or when planning to start a family, it's important to know and understand how to achieve the best care and health for children, but where do you begin? Right at home! Houses, especially older ones, can be a source of lead exposure. Although lead-based paint hasn't been sold since the late 70s, many older homes still have it. Learn about the available resources supporting families who are exposed to lead. On World Birth Defects Day March 3, join the free webinar presented by MotherToBaby and Family Voices on the impact of lead exposures during pregnancy, infancy and in childhood. [Register here now.](#)



**WORLD BIRTH DEFECTS DAY  
WEBINAR  
MARCH 3, 2021 11A PT/2P ET**

Join MotherToBaby and Family Voices for a free webinar on maternal and childhood lead exposures. Register here now: [http://bit.ly/FV\\_MTB\\_2021\\_Lead](http://bit.ly/FV_MTB_2021_Lead)



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March 23, 2020

LA JOLLA, CA -A new study conducted by birth defects research experts from the non-profit Organization of Teratology Information Specialists (OTIS) launches to examine the short and long-term effects of the novel COVID-19 virus in pregnancy and breastfeeding. The observational study will consist of phone calls over the course of volunteers' pregnancies and post-delivery, and/or breastmilk samples, as well as a release of medical records related to the pregnancy and the infant's development.

OTIS is the scientific non-profit society that provides the no-cost MotherToBaby information service and enrolls women through the MotherToBaby Pregnancy Studies.

"Women and their health care providers need answers as quickly as possible regarding the effects of COVID-19 during pregnancy and while breastfeeding," said the Principal Investigator, Christina Chambers, PhD, MPH, OTIS/MotherToBaby president and professor of pediatrics at UC San Diego (pictured right). "We know that pregnant and breastfeeding moms are contracting COVID-19, but the fact of the matter is that we know very little about its short and long-term effects on a developing baby," she added. "We hope pregnant women see the importance in helping the world understand this novel virus and consider volunteering for the study."



The study is open to pregnant and breastfeeding women in the United States and Canada with known or suspected COVID-19 infection. The MotherToBaby Pregnancy Studies Research Center is located at the University of California San Diego.

Pregnant women and breastfeeding mothers can enroll in the study at the following link <https://mothertobaby.org/join-study/> or by calling MotherToBaby Pregnancy Studies at (877) 311-8972. Learn more about the ongoing observational study at <https://mothertobaby.org/ongoing-study/coronavirus-covid-19/>.

Health care providers can refer pregnant and breastfeeding patients with known or suspected COVID-19 infection at the following link <https://mothertobaby.org/healthcare-professional-referral-form/> or by calling MotherToBaby Pregnancy Studies at (877) 311-8972.

## More about OTIS and MotherToBaby

The Organization of Teratology Information Specialists (OTIS) is a professional scientific society made up of individuals engaged in assessing and evaluating risks to pregnancy and breastfeeding from environmental exposures. Members include, but are not limited to, specialists in the fields of: obstetrics and gynecology, pediatrics, genetics, dysmorphology, perinatal epidemiology, teratology, behavioral teratology, pharmacy, genetic counseling, nursing, midwifery, maternal and child health, public health, and includes experts that provide MotherToBaby services and researchers that conduct MotherToBaby Pregnancy Studies. MotherToBaby is a suggested resource by many federal agencies including the Centers for Disease Control and Prevention (CDC). To learn more about ongoing MotherToBaby Pregnancy Studies, call (877) 311-8972, email [MotherToBaby@ucsd.edu](mailto:MotherToBaby@ucsd.edu) or visit [www.MotherToBaby.org](http://www.MotherToBaby.org).

***The study launched March 23, 2020. Interviews with Christina Chambers, PhD, MPH are now being scheduled. Interested media, please call 619-368-3259 or email [nchavez@mothertobaby.org](mailto:nchavez@mothertobaby.org).***

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We know pregnant women are concerned about the newly described coronavirus. MotherToBaby and the CDC are monitoring the situation and will educate people if there is new evidence about a danger from a coronavirus infection that would be specific to the unborn baby. You can find more information on your common questions about the coronavirus through our fact sheet at: <https://mothertobaby.org/fact-sheets/covid-19/>. In the meantime, common strategies to avoid getting sick include thoroughly washing your hands and avoiding obviously ill people. Contact your healthcare provider if you feel ill and are concerned. If you develop a serious respiratory infection, it is much more likely to be Influenza (the flu) than coronavirus. We know that pregnant women have a harder time fighting off infections, like the flu, which can lead to complications for pregnant women and for babies. If you haven't gotten your flu shot, do it now, for your own health and for the wellbeing of your baby. MotherToBaby has a fact sheet on the flu vaccine at: <https://mothertobaby.org/fact-sheets/seasonal-influenza-the-flu-pregnancy/>. To keep up with travel notifications and other news on the new coronavirus, go the CDC Coronavirus page at <https://www.cdc.gov/coronavirus/index.html> [cdc.gov].

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