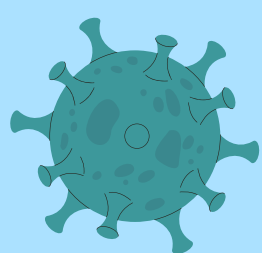


# What do experts know about **vaccines** in pregnancy or while breastfeeding?

*This infographic contains key information from MotherToBaby about exposures during pregnancy and breastfeeding.*

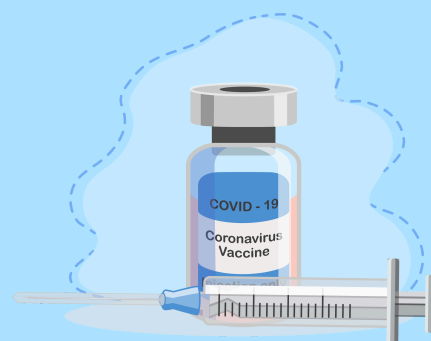


## COVID-19

is an illness caused by the SARS-CoV-2 virus, which easily spreads from person to person through respiratory droplets when we breathe, talk, cough, or sneeze.

### The **COVID-19 mRNA vaccine**:

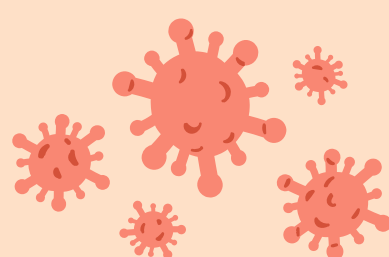
- Helps protect against the virus that causes COVID-19.
- Is the most common type of vaccine used in the U.S. to protect against COVID-19.
- Does not contain live virus that could cause COVID-19.
- Is not 100% effective at preventing COVID-19, but can greatly lower the chance of getting very sick.



*Moderna/Spikevax®  
Pfizer/Comirnaty®*

## Influenza is commonly called the “flu.”

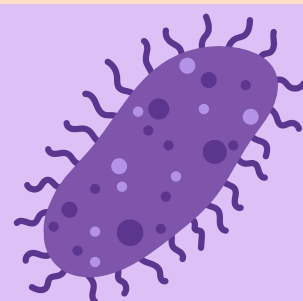
It is an infection of the respiratory tract. Symptoms include fever, headache, chills, muscle aches, cough, stuffy and runny nose, sore throat, and fatigue. The flu sometimes causes vomiting and diarrhea. The strains of viruses that cause seasonal influenza can change each year.



The “**flu shot**” is an inactivated vaccine, meaning that the vaccine does not contain “live” flu virus and cannot cause you to get the flu. The influenza vaccine is updated every year.

## Respiratory syncytial virus (RSV)

is a virus that can cause an infection of the respiratory tract. It spreads easily through coughs or sneezes and can also be spread through direct contact with surfaces that have the virus on them.

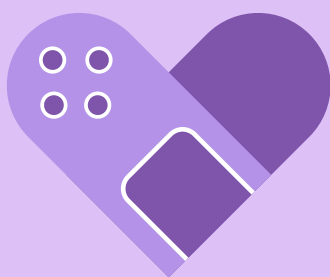


### The **RSV vaccine**

causes a person to make antibodies against RSV.

It is recommended during pregnancy so the antibodies can pass to the developing baby. These antibodies can help protect the baby from severe RSV infection for about 6 months after they are born.

The only RSV vaccine approved for use in pregnancy in the United States is called *Abrysvo®*, a protein subunit vaccine. It does not contain live virus.



**Tetanus** is a bacterial disease causing tightening of the muscles and painful muscle spasms in the body.

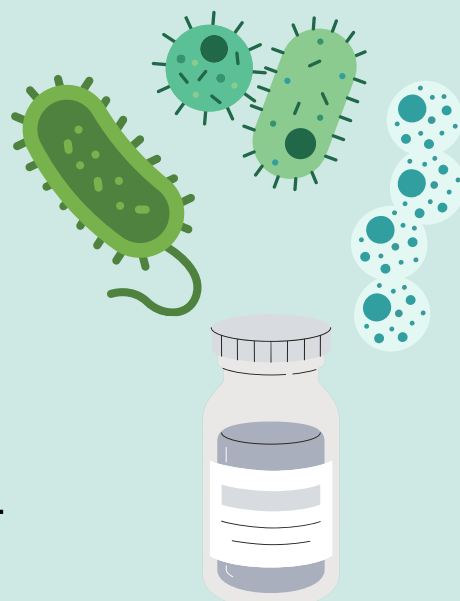
**Diphtheria** is a bacterial infection that often starts with a fever and sore throat. A membrane can form over the back of the throat and airways, making it hard to breathe.

**Pertussis**, also called whooping cough, is a bacterial illness that usually begins with symptoms like those of the common cold.

Tetanus and diphtheria infections can be deadly to a pregnant woman and can cause the loss of the baby. Premature birth is also a concern.

### The **Tdap vaccine**

provides protection against tetanus, diphtheria, and pertussis (Tdap). The Tdap vaccine is noninfectious, meaning you cannot get the diseases from the vaccine. There are two Tdap vaccines approved for use during pregnancy in the United States: *Adacel®* and *Boostrix®*.



MotherToBaby is the nation’s leading authority and most trusted source of evidence-based information on the safety of medications and other exposures during pregnancy and breastfeeding. For resources on exposures during pregnancy in languages other than English and Spanish, please visit [MotherToBaby.org/additional-languages](https://www.MotherToBaby.org/additional-languages).

