IKC: MATERNAL IMMUNIZATION MODULE

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| **SLIDE** | **SCRIPT** |
|  | Pregnant individuals want to do everything we can to have a great pregnancy and a healthy baby. We know that there are certain things we should avoid {picture: wine, cigarette} and certain things we should be sure to get enough of {picture: sleep, green leafy vegetables} |
|  | There are two vaccines we should receive during pregnancy:  The pertussis vaccine, called Tdap and  The flu shot |
|  | By being vaccinated during pregnancy our antibodies pass to the baby so he or she is protected at birth. If we wait until after pregnancy, the baby won’t have their own antibodies (but at least you’re less likely to spread germs to the baby). |
|  | Pertussis is also called whooping cough. Infants who get pertussis have a hard time breathing and drinking, so about half of all infants with pertussis need hospital care for extra oxygen and a feeding tube. |
|  | CAN I GET A VIDEO OF PERTUSSIS IN HERE? |
|  | One scary thing about pertussis is that – even without the cough – it can cause babies to stop breathing. In the U.S. each year since 2010, up to 20 babies have died from pertussis. Most of these deaths are among babies too young to begin to get their own pertussis vaccine series. |
|  | The American College of Obstetrics and Gynecology recommends pertussis vaccine, Tdap, during *every* pregnancy. It should be given in the 3rd trimester, between 27 and 36 weeks gestation, preferably earlier in this period. |
|  | Remember: the antibodies to fight pertussis that you pass the baby during pregnancy will gradually disappear, so have your baby start their own pertussis vaccine series at 2 months of age. |
|  | The other vaccine you need during pregnancy is flu vaccine. Just like pertussis, influenza BAD for baby |
|  | There’s another benefit of getting a flu vaccine during pregnancy: you’re reducing YOUR risk of complications from influenza. Even if you’ve never had a serious case of the flu before, during pregnancy your body’s different…obviously! |
|  | Your lungs, heart, and immune system are much more vulnerable to a serious case of flu. If you get flu, it puts you at higher risk of pregnancy complications such as preterm labor and preterm birth. |
|  | This is why doctors and nurses recommend that you get the flu shot by the end of October if you’re pregnant during flu season. If you haven’t had it then, get it as soon as possible. |
|  | It’s also a good idea to make sure everyone around your baby is up to date with their Tdap and flu vaccines. That includes family members and caregivers. |
|  | They’re protecting their own health and helping form a “cocoon” of disease protection around your baby during those first few susceptible months of life. |
|  | To summarize the message… Week after week, you’re tracking your baby’s development and counting down until you meet your little one! When it comes to vaccines, timing is also important. |
|  | Be sure to get your pertussis vaccine between 27 and 36 weeks gestation, preferably earlier in this period.  Get your flu shot by the end of October and if you’ve missed that, get it as soon as possible. |
|  | During your 3rd trimester make sure that everyone who will be around your baby is up to date with their Tdap and flu vaccines. |
|  | And, of course, once your baby is born, make sure to get them into a good primary care office you trust that will ensure your baby gets the vaccine they need on time. |
|  | Please share this video from the Immunize Kansas Coalition with your friends and family (pictures facebook, Instagram, twitter logos) |
|  | Links to More Information  Vaccinations Save Lives  https://www.**awhonn**.org/education/vaccination/  Vaccines & Pregnancy: Top 7 Things You Need to Know  [https://www.**cdc**.gov/vaccines/pregnancy/pregnant-women/need-to-know.html](https://www.cdc.gov/vaccines/pregnancy/pregnant-women/need-to-know.html)  Vaccines for Your Children  <https://www.cdc.gov/vaccines/parents/index.html>  Vaccine Considerations for New and Expectant Moms  <https://www.chop.edu/centers-programs/vaccine-education-center/vaccine-considerations-specific-groups/vaccine-considerations-new-and-expectant-moms> |

Maternal Immunization Notes

Really cute CDC website (great graphics):   
https://www.cdc.gov/vaccines/pregnancy/pregnant-women/need-to-know.html

<https://www.acog.org/-/media/project/acog/acogorg/files/pdfs/publications/summary-of-maternal-immunization-recommendations.pdf>

Inactivated influenza vaccination can be given in any trimester and should be given with each influenza season as soon as the vaccine is available. The Tdap vaccine is given at 27–36 weeks of gestation in each pregnancy, preferably as early in the 27–36-week window as possible. The Tdap vaccine should be given during each pregnancy in order to boost the maternal immune response and maximize the passive antibody transfer to the newborn. Women who did not receive Tdap during pregnancy (and have never received the Tdap vaccine) should be immunized once in the immediate postpartum period.1–3 ‡ Vaccination during every pregnancy is preferred over vaccination during the postpartum period to ensure antibody transfer to the newborn.3,4

I am pregnant. Should I get the influenza vaccine (flu shot)? Yes. Getting a flu shot is the best way to protect you and your baby from serious illness from the flu. Pregnant women and their fetuses have a higher risk of serious complications from the flu. The flu shot given during pregnancy protects women and their newborns. You need a flu shot each year because the flu viruses targeted by the vaccine can change from year to year. The flu shot has been safely given to millions of pregnant women for many years. How does my flu shot protect my newborn? When you get a flu shot, your body makes antibodies that also pass to your fetus. This means your baby has protection against the flu after birth. This is important because infants less than 6 months of age are too young to get the flu shot. Why is it important for pregnant women to get the flu shot? The flu is a mild-to-severe illness that also often includes fever, body aches, sore throat, cough, and fatigue. Pregnant women who get the flu can become much sicker than women who get the flu when they are not pregnant. Pregnant women who get the flu have a higher chance of the flu turning into pneumonia than women who are not pregnant. Pneumonia is a serious infection in the lungs that usually requires treatment in the hospital. Pregnant women who get the flu often need more medical visits and frequently need to be admitted to the hospital for observation and treatment. During which trimester is it safe to get a flu shot? The flu shot can be safely given during any trimester. Pregnant women can get the flu shot at any point during the flu season (typically October through May). Pregnant women should get the shot as soon as possible when it becomes available. If you are pregnant, talk with your obstetrician–gynecologist (ob-gyn) or other health care provider about getting the flu shot. Which flu vaccine should pregnant women get? Pregnant women should receive any licensed, recommended, age-appropriate inactivated flu vaccine. The Advisory Committee on Immunization Practices and the American College of Obstetricians and Gynecologists do not recommend one type of flu shot over another. Will the flu shot give me the flu? No. You cannot get the flu from getting the flu shot. I got the flu shot, so why did I still get sick? The flu shot does not protect against all strains of the flu virus. Experts do their best to determine the virus strains that are most likely to cause illness the following season. Sometimes additional strains end up causing illness. After your flu shot, it takes about 2 weeks for your body to develop antibodies, which are what protects you from the flu. So, if you are exposed to the flu during the time immediately after your flu shot, you can still get the flu. That is why it is important to get the flu shot before flu season becomes very active. The flu shot does not protect against the common cold or other respiratory viruses. During the flu season, you can still get a respiratory illness that is not the flu, even though you got a flu shot. What are the side effects of the flu shot? Low-grade fevers, headaches, and muscle aches can occur as temporary (1–2 days) side effects in some people after getting the flu shot. According to the Centers for Disease Control and Prevention, these risks are outweighed by the risks of the flu, which is a serious illness that can make you or your baby seriously ill for much longer.

Is there any reason I should not get the flu shot? There are very few reasons that a pregnant woman should not get a flu shot. A history of egg allergy, including hives, is not a reason to avoid the flu shot. However, if you have had a severe allergic reaction after a previous flu shot, you should not get another flu shot. Talk with your ob-gyn or other health care provider about any reactions you may have had with past flu shots. Are preservatives in flu vaccines safe for my baby? Yes. Thimerosal is a mercury-containing preservative used in very small amounts in some flu shots. There is no scientific evidence that thimerosal causes health or developmental problems for pregnant women or children born to women who received thimerosal-containing shots during pregnancy. Thimerosal-free types of the flu shot also are available. Pregnant women can get the flu shot with or without the preservative.

What else can I do to keep my baby healthy and free of the flu? Getting your flu shot while you are pregnant is the best step in protecting yourself and your fetus against the flu. Data show that babies born to women who got the flu shot while pregnant have much lower rates of flu compared with babies whose mothers did not get the shot. Breastfeeding your baby and making sure family members and caregivers get the flu shot also will protect your baby. I am breastfeeding my baby. Is it safe for me to get the flu shot? Yes. It is safe and recommended if you did not get a flu shot during pregnancy. The antibodies your body makes after the flu shot can be passed to your baby through breast milk. This reduces your baby’s chance of getting sick with the flu. Is it safe to get a flu shot at my local pharmacy? Yes. Pharmacists are well trained to give immunizations. Flu shots are available at most major pharmacies. You can find a location for a flu shot at www.vaccinefinder.org. This is a good option if your ob-gyn or other health care provider does not offer the flu shot in his or her office. Be sure to let your ob-gyn or other health care provider know when you have gotten the flu shot so that your medical record can be updated. The pharmacy also should provide you with documentation of your flu shot. What should I do if I think I have the flu? Although the flu shot is the most effective way to prevent the flu, there is still a chance you might get the flu. If you think you have the flu, contact your ob-gyn or other health care provider right away. Be sure to tell your health care provider that you are pregnant. If you have severe symptoms, such as a fever higher than 100.0°F and trouble breathing, dizziness when standing, or pain in your chest, contact your ob-gyn or other health care provider and seek immediate medical attention. You also should contact your ob-gyn or other health care provider if you have had close contact with someone likely to have been infected with the flu. Can I get the tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis shot and flu shot at the same time? Yes. You can get the tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap

PERTUSSIS

COCOON: Some people with whooping cough may just have a mild cough or what seems like a common cold, especially if they have been previously vaccinated. Since symptoms can vary, children and adults may not know they have whooping cough and can end up spreading it to babies that they are in close contact with.

What is pertussis? Pertussis (also called whooping cough) is a highly contagious disease that causes severe coughing and difficulty breathing. People with pertussis may make a “whooping” sound when they try to breathe and gasp for air. Pertussis can affect people of all ages, and can be very serious, even deadly, for babies less than a year old. In recent outbreaks, babies younger than 3 months have had the highest risk of severe disease and of dying from pertussis. What is Tdap? The tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap) vaccine is used to prevent three infections: 1) tetanus, 2) diphtheria, and 3) pertussis. I am pregnant. Should I get a Tdap shot? Yes. All pregnant women should get a Tdap shot in the third trimester, preferably between 27 weeks and 36 weeks of gestation. The Tdap shot is a safe and effective way to protect you and your baby from serious illness and complications of pertussis. When should I get the Tdap shot? Experts recommend that you get the Tdap shot during the third trimester (preferably between 27 weeks and 36 weeks) of every pregnancy. The shot will help you make protective antibodies against pertussis. These antibodies are passed to your fetus and protect your baby until he or she begins to get vaccines against pertussis at 2 months of age. Receiving the shot early in the 27–36-weeks-of-gestation window is best because it maximizes the antibodies present at birth and will provide the most protection to the newborn. Is it safe to get the Tdap shot during pregnancy? Yes. The shot is safe for pregnant women. Can newborns be vaccinated against pertussis? No. Newborns cannot start their vaccine series against pertussis until they are 2 months of age because the vaccine does not work in the first few weeks of life. This is one reason why newborns are at a high risk of getting pertussis and becoming very ill. What else can I do to protect my newborn against pertussis? Getting your Tdap shot during pregnancy is the most important step in protecting yourself and your baby against pertussis. It also is important that all family members and caregivers are up-to-date with their vaccines. Adolescent family members or caregivers should receive the Tdap vaccine at 11–12 years of age. If an adult (older than 18 years) family member or caregiver has never received the Tdap vaccine, he or she should get it at least 2 weeks before having contact with your baby. This makes a safety “cocoon” of vaccinated caregivers around your baby. I am breastfeeding my baby. Is it safe to get the Tdap shot? Yes. The Tdap shot can be given safely to breastfeeding women if they did not get the Tdap shot during pregnancy and have never received the Tdap shot before. There also may be added benefit to your baby if you get the shot while breastfeeding. The American College of Obstetricians and Gynecologists WOMEN’S HEALTH CARE PHYSICIANS I did not get my Tdap shot during pregnancy. Do I still need to get the vaccine? If you have never had the Tdap vaccine as an adult, and you do not get the shot during pregnancy, be sure to get the vaccine right after you give birth, before you leave the hospital or birthing center. It will take about 2 weeks for your body to make protective antibodies in response to the vaccine. Once these antibodies are made, you are less likely to give pertussis to your baby. But remember, your newborn still will be at risk of catching pertussis from others. If you received a Tdap vaccination as an adolescent or adult but did not receive one during your pregnancy, you do not need to receive the vaccination after giving birth. I got a Tdap shot during a past pregnancy. Do I need to get the shot again during this pregnancy? Yes. All pregnant women should get a Tdap shot during each pregnancy, preferably between 27 weeks and 36 weeks of gestation. Receiving the vaccine as early as possible in the 27–36-weeks-of-gestation window is best. This is important to make sure that each newborn receives the highest possible protection against pertussis at birth. I received a Tdap shot early in this pregnancy, before 27–36 weeks of gestation. Do I need to get another Tdap shot between 27 weeks and 36 weeks of gestation? No. A Tdap shot later in the same pregnancy is not necessary if you received the Tdap shot before the 27th week of your current pregnancy. Can I get the Tdap shot and influenza shot at the same time? Yes. You can get these two shots, Tdap and influenza, in the same visit. Receiving these vaccinations at the same time is safe. What is the difference between DTaP, Tdap, and Td? Children receive the diphtheria and tetanus toxoids and acellular pertussis (DTaP) vaccine. Adolescents and adults are given the Tdap vaccine as a booster to the vaccines they had as children. Adults receive the tetanus and diphtheria (Td) vaccine every 10 years t