

Immunizations/Vaccinations/Booster Shots for Pregnant Women

One important step you can make for you and your baby's health is to make sure your immunizations (sometimes also called vaccinations or booster shots) are up to date. Immunizations can lessen the chance you will get certain infections; lessen your chance of becoming very sick if you still get the infection; and protect those around you from getting the infection.

The last routinely scheduled immunization in BC is during Grade 9/10 or approximately age 15. Most people do not know booster shots for tetanus (with diphtheria) are recommended every ten (10) years. **If you are 25 years old or older, you may not be up to date with your booster shot(s). Talk to your family doctor, visit www.immunizebc.ca or contact your public health department if you are uncertain about her immunization history.**

Pertussis 百日咳 vaccine in Pregnancy

Pertussis, often called whooping cough, usually starts as a bad cold and cough. One of the symptoms can be coughing spells so bad the person cannot stop coughing and may whoop as they try to breathe in air. It can be a very serious illness to some, especially babies. Pertussis infection is still present everywhere, including BC. In Southern Alberta, there is an outbreak of whooping cough (August 2017). There were cases identified in the Greater Victoria area (Sept 2017) as well. Information about pertussis, and a video of a child with whooping cough, can be viewed here: immunizebc.ca/pertussis.

The National Advisory Council on Immunization (NACI) recommends that all adults should get one dose of pertussis (whooping cough) vaccine as an adult. Currently, for adults in BC, it is publicly funded (free) for pregnant women. Pregnant women should receive this vaccine ideally between 27 and 32 weeks.

For partners, if the last immunization was in high school and is over 25 years of age, they probably have not had an adult pertussis booster shot. This vaccine can be purchased from a pharmacy or through travel vaccination clinic. The approx. \$50-75 cost can often be claimed back from private or extended health insurance plans when prescribed by a doctor.

A woman who gets a pertussis booster shot in the last third of her pregnancy will help protect her baby until the baby receives the first newborn immunizations at age 2 months. It is safe at any time in your pregnancy and the doctors of the Noakes Clinic encourage you to get your pertussis (whooping cough) booster.

Influenza 流行性感冒 vaccine in Pregnancy

Influenza season is usually in the winter months. It can include many symptoms such as fever, headache, muscle pain, runny nose, sore throat, extreme tiredness and cough. Some will also have nausea, vomiting or diarrhea. Pregnant women, even healthy ones, are at higher risk of serious flu complications if they get influenza. This can have serious effects on the pregnancy and possibly the baby.

Moms can protect themselves and their babies even before their baby is born if they get a flu shot while pregnant. **The flu shot for the next flu season is available near the end of October. It is safe, recommended, and free for any pregnant woman, her husband/partner, her family and friends who will be around the baby.** For more information about influenza, eligibility for free flu shots and where to get your flu shot, visit immunizebc.ca/diseases-vaccinations.

Covid 新冠肺炎 vaccine in Pregnancy

The recommendation for you depends upon your individual circumstances, your risk of exposure, and the changing information that is available about the vaccines. Please discuss with us.