

my body + my baby

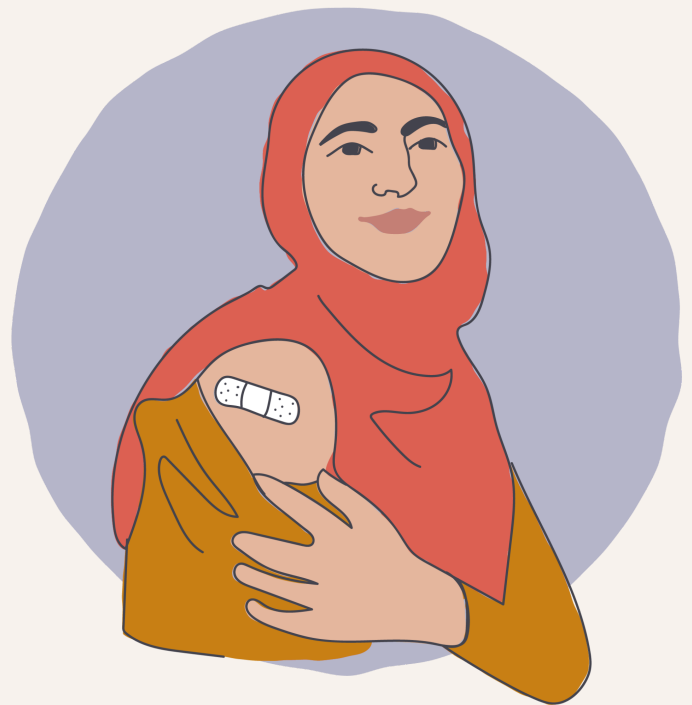
the tdap vaccine

Tdap is a vaccine that prevents tetanus, diphtheria and pertussis diseases by giving you antibodies against them. Pregnant people get it to specifically protect their babies against pertussis, also known as **whooping cough**.

What is whooping cough?

Whooping cough is a highly contagious bacterial infection. It spreads when people cough or sneeze. Most people don't get very sick when they have it and some people don't even realize they have it as it is easily mistaken as being the common cold.

Whooping cough can cause babies to stop breathing. Babies don't get the vaccine until they're two months old, so if they get whooping cough before that, they can die. Every year more than 1,000 babies get whooping cough in the U.S. The majority of deaths from it are in babies younger than two months old, who haven't been able to get the vaccine yet.



We recommend you get this vaccine to protect your newborn against whooping cough.

Getting the vaccine

Your midwife will recommend that you get the Tdap in your third trimester, around 30-32 weeks. This way, you can pass protective antibodies through the placenta to your baby and help protect your baby from whooping cough until they can get their vaccine.

- The Tdap vaccine is safe in pregnancy. The vaccine doesn't contain any live bacteria, so it isn't possible to get whooping cough from the vaccine. The most common side effect is redness or swelling of your skin where the vaccine is injected.
- It's also recommended that people who will be around you and your baby get the Tdap vaccine, if they haven't gotten it in the last 10 years.
- If you've already gotten the Tdap vaccine, you will need to get it again. This is because antibody levels in your blood are highest 2 weeks after getting the vaccine and it works best in that time period. Getting the vaccine during pregnancy gives your baby the best protection.

