



# Pregnancy and vaccinations (Gravidanza e vaccinazioni)

INFORMATION ON SOME DISEASES VERY DANGEROUS  
FOR PREGNANCY



*Some diseases can adversely affect fertility or affect the outcome of a pregnancy.*

*Prevention through vaccination is one of the most effective public health tools, because it can effectively and safely prevent the development of certain infectious diseases, their complications, and their spread.*



## BEFORE PREGNANCY

(Prima di una gravidanza)

Check if you are protected with vaccines against:

### DIPHTHERIA, TETANUS AND WHOOPING COUGH (DTP)

(Difterite, tetano e pertosse DTP)

**A booster every 10 years of the trivalent vaccine** against diphtheria, tetanus, and whooping cough is recommended for all adults, as these three diseases and their vaccines do not provide permanent protection.

The whooping cough vaccine booster allows the community to maintain high immunity against this disease by limiting the circulation of the bacterium, particularly protecting children in the first months of life.

Vaccination is **free** for all.

### MEASLES, PAROTITIS AND RUBELLA (MPR)

(Morbillo, parotite e rosolia MPR)

**Measles** is a highly contagious disease that can have serious complications; **mumps** can increase the risk of miscarriage; **rubella** contracted during pregnancy can cause spontaneous miscarriage or severe damage to the unborn child (congenital rubella).

**Vaccination is the only prevention measure.** Two doses of measles vaccine are recommended against measles, mumps and rubella (MPR) for all unprotected women. After vaccination, it is necessary to **wait at least one month** before pregnancy.

The trivalent measles, parotitis and rubella vaccine is **free** for everyone.

### CHICKEN POX (VARICELLA) (Varicella)

Varicella, if contracted during pregnancy, particularly in the immediate pre-partum period, can pose a risk to the woman and her unborn child. After vaccination, it is necessary to **wait at least one month** before pregnancy.

The vaccination is carried out with two doses, and it is **free of charge**.

### PAPILLOMA VIRUS (HPV)

Vaccination is recommended for all women to **prevent precancerous lesions and cervical cancer**.

In the Veneto Region, vaccination is free for women born from the year 1996 onward, up to the age of 26.

The cycle involves 2 or 3 doses of vaccine based on age.

### DURING PREGNANCY

(Durante la gravidanza)

Always vaccinate against:

### INFLUENZA (Influenza)

Influenza contracted during pregnancy **can cause serious health problems** for women with the risk of affecting the normal course of pregnancy (premature delivery and low birth weight of the baby).

During the flu season, vaccination is recommended and **free** for all pregnant women.

### WHOOPIING COUGH (Pertosse)

Pertussis is a contagious disease that is particularly serious if contracted in the 1<sup>st</sup> year of life because it can also cause neurological damage or death.

In the first few months of life, before starting the vaccination cycle, the child may be protected only by the antibodies received from mother. Therefore, **a booster dose is recommended with each pregnancy** even if the woman has already been vaccinated or had pertussis.

The best time for vaccination is between the 27<sup>th</sup> and 36<sup>th</sup> weeks of gestation.

There is no single vaccine against whooping cough, and the only vaccine available is the trivalent diphtheria-tetanus-pertussis (DTP) vaccine.

Vaccination is **free** for all.

Recommended vaccinations are safe, even if the woman is breastfeeding.

#### FOR WHOOPING COUGH MORE CAN BE DONE

Often, adults (parents, uncles, or grandparents) are those who transmit infections to the unborn child. The father and grandparents, as well as other people who will care for the child, can also get vaccinated against whooping cough in order to **create a protective barrier around the child**.

In this case, vaccination is recommended if more than 10 years have passed since the last booster.



### DIPHTHERIA (Difterite)

Diphtheria is a contagious disease that is transmitted by direct contact with droplets of saliva from an infected person or, more rarely, through objects contaminated by the secretions of a sick (even asymptomatic) person. It can cause severe multi-organ complications, especially in children under 5 years old.

In the first few months of life, before starting the vaccination cycle, **the baby can be protected only by the antibodies received from the mother.**

### COVID-19

SARS-CoV-2 virus, responsible for COVID-19 disease, increases the risk of serious complications and preterm delivery in pregnant women.

Primary COVID-19 vaccination and booster doses with mRNA vaccines are **safe and recommended for all pregnant women.**

### AFTER PREGNANCY

(Dopo una gravidanza)

If you are not protected against:

**MEASLES, MUMPS, RUBELLA AND VARICELLA**  
(Morbilli, parotite, rosolia e varicella)

If you found out to be unprotected against rubella, measles, mumps, or varicella during pregnancy, it is

important receiving the vaccination (trivalent MPR and/or varicella) to protect yourself and, in anticipation of an upcoming pregnancy, your unborn child as well.

The indicated vaccinations are **free** and administered in two doses spaced one month apart. Remember that, after vaccination with trivalent vaccine (MPR) and varicella (VAR) it is advisable to **wait at least one month** before seeking a new pregnancy.

### HOW TO GET VACCINATED

(Come vaccinarsi)

**Make appointments** with vaccinal services to schedule all vaccinations in advance. No doctor's referral is needed.

**What to bring** on the day of the appointment:

- personal health records
- any measles, varicella, rubella test results
- health insurance card.



Visit the site  
[aulss2.veneto.it/vaccini](https://aulss2.veneto.it/vaccini)  
(or scan this QR-Code with your mobile phone's camera)

For more information, please contact your primary care physician, your gynaecologist, or your District's vaccination service.