

# Planning a Pregnancy?

## Vaccines to consider:

- Hepatitis A and B
- Influenza
- Pertussis (whooping cough)
- Tetanus
- Meningococcal
- Pneumococcal
- Measles, mumps and rubella (MMR)
- Varicella (chickenpox)

The MMR and varicella vaccines should be received at least one month prior to becoming pregnant. They are not recommended during pregnancy.

Talk to your doctor, nurse, pharmacist or local public health office about staying up to date with your immunizations.

Canadian Immunization Guide. (2015). Part 3 – Vaccination of Specific Populations: Immunization in Pregnancy and Breastfeeding. Available: <http://www.phac-aspc.gc.ca/publicat/cig-gci/p03-04-eng.php>

For more information visit, [immunize.ca](http://immunize.ca)

