

## ***Travel in Pregnancy*** ***Should I be vaccinated?***

If you are planning to travel outside the country during your pregnancy, it is recommend that you make an appointment with the International Travel Centre to review the need for immunization.

Immunization is appropriate during pregnancy and will protect both you and your baby. Certain immunizations have been tested and are proven safe during pregnancy. Others require more data to know for sure. In some situations the risk of the disease and it's effect on both mother and baby are much greater than any potential risk of the vaccine. Whether or not you require immunizations will depend on:

- What country(ies) will you be visiting?
- What is the risk of the disease being present in the environment when you visit?
- What is your general health and how is your pregnancy progressing?
- How far along will you be when you travel?
- What is your immunization history?

The International Travel Centre keeps a current list of the recommended immunizations for over 100 destinations. These lists are updated regularly. The Travel Center also keeps the most current information on outbreaks, epidemics and travel advisories. They will be your most current source of information.

SHR International Travel Centre  
108 – 407 Ludlow Street Saskatoon SK S7S 1P3  
306 655 4780

[http://www.saskatoonhealthregion.ca/locations\\_services/Services/International-Travel](http://www.saskatoonhealthregion.ca/locations_services/Services/International-Travel)

<b>Vaccine</b>	<b>In pregnancy</b>
Hepatitis A	Safe and recommended
Hepatitis B	Safe and recommended
Japanese Encephalitis	If travelling to high risk area
Meningococcal	Safe and recommended
Polio	If travelling to high risk area
Rabies	Post exposure prophylaxis recommended if indicated
Tetanus Diptheria	Offered routinely postpartum Given in pregnancy if travelling to high risk area
Typhoid	If travelling to high risk area
Yellow fever	No