

# RSV Vaccine and Pregnant People



New medicines are available to help protect certain groups of people from severe illness caused by respiratory syncytial (sin-SUSH-uhl) virus, or RSV. ABRYSSVO (a-bris-vo) is a vaccine that helps protect pregnant people and babies from getting very sick from RSV.

## What is respiratory syncytial virus or RSV?

Respiratory syncytial virus, or RSV, is a common respiratory virus. Most people with RSV usually get mild, cold-like symptoms and feel better in one to two weeks. RSV can cause more severe illness in some people including premature infants, babies younger than 12 months, older adults, and people with weakened immune systems. Pregnant people may also be at higher risk for severe RSV.

## What are symptoms of RSV?

Symptoms of RSV infection commonly include the following:

- Runny nose
- Coughing
- Sneezing
- Fever
- Wheezing
- Loss of appetite

## What is severe RSV disease?

Severe RSV is an illness that can lead to more serious lung infections like pneumonia. Severe RSV in pregnant people can cause shortness of breath and other severe breathing problems. Infants with severe RSV usually have trouble breathing or become dehydrated.

Contact your healthcare provider and seek care if you or your infant are experiencing worsening RSV symptoms or are having difficulty breathing.

## What is ABRYSSVO?

ABRYSSVO is a new vaccine. When pregnant people get the vaccine, their body makes proteins to protect against the virus that causes RSV. People have protection about two weeks after getting the vaccine.

## How is the ABRYSSVO vaccine given?

ABRYSSVO is given as a single shot in the upper arm. One dose of the vaccine is recommended. ABRYSSVO should be given during the months of September through January when RSV circulates the most.

## Who is the ABRYSSVO vaccine for?

This vaccine is only recommended for pregnant people during 32 to 36 weeks of pregnancy (8 to 8 ½ months). Another main goal of ABRYSSVO is also to prevent severe RSV in infants from 0-6 months of age.

## What are the benefits of ABRYSVO?

ABRYSVO is a tool for preventing severe RSV. When pregnant people get the vaccine, the protection passes to the growing baby. Babies born at least two weeks after pregnant people get the vaccine are protected at birth from severe RSV. This is when they are most at risk of being hospitalized from RSV.

## What are the risks?

Common side effects of ABRYSVO include pain at the injection site, fatigue, headache, muscle pain, and nausea.

ABRYSVO should not be taken if people have a history of severe allergic reaction. If you have any questions about the ingredients or have an allergic reaction to the vaccine, please speak with your healthcare provider.

## Is it safe to breastfeed after getting vaccinated?

There have not been studies done on the ABRYSVO vaccine with breastfeeding people. According to the Center for Disease Control and Prevention (CDC), the vaccine does not present elevated risks for people who are breastfeeding or their infants.

## Who is monitoring vaccine safety for pregnant people?

The Food and Drug Administration (FDA) and CDC monitor vaccines for pregnant people. These groups use multiple systems to gather new data for safety.

## How else can I protect myself and my loved ones from RSV?

- Wash your hands often
- Avoid close contact with sick people
- Frequently clean surfaces
- Cover coughs and sneezes
- Stay home when sick

## References

1. FDA approves first vaccine for pregnant individuals to prevent RSV in infants. *FDA*. August 21, 2023. Accessed October 18, 2023. [www.fda.gov/news-events/press-announcements/fda-approves-first-vaccine-pregnant-individuals-prevent-rsv-infants](https://www.fda.gov/news-events/press-announcements/fda-approves-first-vaccine-pregnant-individuals-prevent-rsv-infants).
2. Healthcare Providers: RSV vaccination for pregnant people. *CDC*. September 29, 2023. Accessed October 18, 2023. [www.cdc.gov/vaccines/vpd/rsv/hcp/pregnant-people.html#:~:text=CDC%20and%20FDA%20will%20continue,additional%20studies%20in%20pregnant%20people](https://www.cdc.gov/vaccines/vpd/rsv/hcp/pregnant-people.html#:~:text=CDC%20and%20FDA%20will%20continue,additional%20studies%20in%20pregnant%20people).