

Vaccines and Pregnancy

Getting Vaccinated While Pregnant Protects
Both Mom and Baby



Talk to your doctor or midwife about flu and whooping cough vaccines, and to find out what other vaccines you may need.

For more information about vaccines during pregnancy and the importance of timely immunizations for people of all ages, visit VaccinateYourFamily.org

VACCINATE YOUR FAMILY

A PROGRAM OF EVERY CHILD BY TWO

Pertussis (Whooping Cough)

Pertussis, also known as whooping cough, is a serious disease, especially in infants. Some babies with whooping cough have coughing fits and gasp for air, while others may stop breathing. About half of babies younger than 12 months who get whooping cough are hospitalized. The good news is that you can help protect your baby. **By getting the whooping cough vaccine (also called Tdap) during pregnancy, you'll pass antibodies to your baby that will help protect your newborn from this disease from the time he is born until your baby gets his own whooping cough vaccine at 2 months of age.**

Doctors and midwives who specialize in treating pregnant women agree that the **whooping cough vaccine is safe and important to get during the 3rd trimester of every pregnancy.**

Influenza (Flu)

The flu can be a dangerous illness, especially for pregnant women and young children. Changes in a woman's immune, heart, and lung functions during pregnancy make her more likely to get severely ill and suffer severe complications from the flu than non-pregnant women. Pregnant women with the flu also have a greater chance for serious problems for their unborn baby, including premature labor and delivery. **Fortunately, getting a flu shot is a simple thing a pregnant woman can do to help protect herself and her baby.** When you get a flu shot, your body makes antibodies that can be passed on to your unborn baby to help protect the baby from flu for up to 6 months after he or she is born. This is important because babies do not begin vaccination against flu until 6 months of age, but are at high risk of severe complications from the flu. Sadly, every year, about 20,000 children under five are hospitalized and approximately 100 die due to complications from the flu. **The flu vaccine is safe for pregnant women and their babies, and can be received during any trimester. The CDC recommends getting the vaccine as soon as it becomes available.**

Surround Your Baby with Protection

For additional protection, make sure friends, family and caregivers who will be in contact with your baby are up-to-date on their vaccinations at least two weeks before meeting your newborn.