



Pregnancy & Immunization

Vaccines Help Protect You and your Baby

When you are pregnant, you share everything with your baby! That also means when you get vaccines, you are also giving your baby protection. **You should get a flu shot and a whooping cough vaccine to protect yourself and your baby.**

Whooping Cough Vaccine (Tdap)

Whooping cough can be serious for anyone. For a newborn baby, it can be life-threatening. Up to 20 babies die each year in the United States due to whooping cough. About half of babies younger than one year old who get whooping cough must go to the hospital.

When you get the vaccine (called Tdap) during your pregnancy, your body passes protection to your baby. That means after they are born, the baby is protected.



Flu Vaccine

Pregnant women are more likely to get very sick from the flu. Getting the flu also increases your chances for serious problems for your baby.

If you are pregnant during flu season, the flu shot is the best way to protect yourself and your baby from flu-related complications.

Note: There are some vaccines that are not safe for pregnant women. Talk to your doctor about what you need and what should wait until after you give birth.

Keep Protecting Your Baby after Pregnancy

Your baby will need his or her own vaccines including an immunization before the baby leaves the hospital. The immunization schedule has been studied extensively for years and protects your baby from potentially serious diseases as early as possible.

It is also important for you and people in the home with the baby, especially siblings, to be vaccinated to keep the baby healthy after birth. Check with your doctor to make sure everyone is up to date!

Sources:

www.cdc.gov/vaccines/pregnancy/pregnant-women/
www.cdc.gov/flu/

www.cdc.gov/pertussis/pregnant/
www.cdc.gov/vaccines/parents/

