



Vaccinations & Pregnancy: PROTECT YOURSELF AND YOUR BABY

WHY IS IT SO IMPORTANT TO BE UP-TO-DATE WITH YOUR VACCINATIONS?


Pregnancy changes the immune system, and how the heart and lungs work. These changes mean pregnant people are more likely to become seriously ill than nonpregnant people.

- >> Pregnant and recently pregnant people have a higher risk for severe illness than nonpregnant people.
- >> Unvaccinated pregnant people are also at a higher risk for preterm birth and might have a higher risk for other poor pregnancy outcomes.
- >> Some diseases, like the flu, can cause premature labor and delivery, and birth defects.



HOW DO VACCINES PROTECT MY UNBORN BABY?

Some vaccines are given during pregnancy to protect both parent and baby. When you get a vaccine during pregnancy, your body starts to make antibodies that help protect you. Some of these antibodies are passed to your unborn baby. They will then protect your baby for several months after they are born, when they are too young to get their own vaccine.



Talk with your health care providers to find out which vaccines are recommended for you and your family.

Learn more about vaccines, including how vaccines are made, at these sites:

- www.cdc.gov/vaccines/
- Vaccinateyourfamily.org
- Familydoctor.org

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LESSON:
VACCINATE YOUR
FAMILY

WHAT VACCINES DO I NEED DURING PREGNANCY TO PROTECT MYSELF AND MY BABY?

WHOOPING COUGH (TDAP) VACCINE

- >> By getting the Tdap vaccine during every pregnancy, you will pass antibodies to your baby. These antibodies will help protect your newborn.
- >> Your baby can begin their own whooping cough vaccine series (DTaP) when they are 2 months old.
- >> The CDC recommends you get the Tdap vaccine in the third trimester of every pregnancy, between the 27th and 36th week.

FLU (INFLUENZA) VACCINE

- >> By getting the flu vaccine during every pregnancy, you will pass antibodies to your baby. These antibodies will help protect your newborn.
- >> You can get the flu vaccine during any trimester. The CDC recommends getting the vaccine every year by the end of October.
- >> Your baby will be able to get their own flu vaccine starting at 6 months of age.

MEASLES, MUMPS AND RUBELLA VACCINE (MMR):

- >> It is important to get the measles, mumps, and rubella vaccine at least 1 month before becoming pregnant.
- >> Pregnant people who get Rubella (also known as German measles) are at risk for miscarriage or stillbirth. The developing baby is at risk for severe birth defects.
- >> Measles can cause miscarriage, stillbirth, preterm delivery, and low birth weight.
- >> If you are exposed to either rubella or measles while you are pregnant, contact your doctor right away.

69%
of reported
whooping cough
deaths occur in
babies less than
2 months old.

Tdap
vaccination during
the third trimester of
pregnancy prevents
more than 3 in 4 cases
of whooping cough in
babies younger than 2
months old.

Research
shows that getting
a flu shot reduces a
pregnant person's risk
of being hospitalized
with flu by about
40%.

Source: CDC

Take This Lesson to Learn:

- How vaccinations during pregnancy protect your unborn and newborn baby.
- How vaccines reduce the risk of serious illness.
- What vaccines you and your family need.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Keeping Your Family Healthy**
- Choose the lesson: **Vaccinate Your Family**



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