

# PROTECT yourself & your growing family

Like most moms-to-be, you want to give your baby a healthy start in life.

Shots (also called immunizations) are a safe way to protect you and your baby from some harmful diseases.



Get up-to-date on the shots you need for a healthy pregnancy and baby.

## Want to learn more ?

For more information, talk with your doctor or nurse. You can also visit or call:

**PregnancyShotsCA.org**

**Vaccines.gov**

**ImmunizationForWomen.org**

**(800) CDC-INFO/ (800) 232-4636**

#### References:

1. The Centers for Disease Control and Prevention (2013, February 22). Updated Recommendations for Use of Tetanus Toxoid, Reduced Diphtheria Toxoid, and Acellular Pertussis Vaccine (Tdap) in Pregnant Women—Advisory Committee on Immunization Practices (ACIP), 2012. Retrieved August 2013 from: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6207a4.htm>
2. The Centers for Disease Control and Prevention (2010, July 29). Prevention and Control of Influenza with Vaccines. Recommendations of the Advisory Committee on Immunization Practices (ACIP), 2010. Retrieved August 2013 from: <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr59e0729a1.htm>
3. Mak, T.K., Mangtani, P., Leese, J., Watson, J.M., Pfeifer, D. (2008). Influenza vaccination in pregnancy: current evidence and selected national policies. *The Lancet Infectious Diseases*, 8(1):44-52.



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# IMMUNIZATIONS for a **Healthy Pregnancy**



# Thinking of having a baby?

## Get shots before you get pregnant

Whether it is your first baby, or you are planning to have another child, get up-to-date on your shots to protect you and your family. Talk with your doctor about which shots are right for you.

### Pregnancy Planning Immunization Checklist

- ✓ MMR (measles, mumps, rubella)
- ✓ Flu (influenza)—once a year
- ✓ Chickenpox
- ✓ Hepatitis B
- ✓ Other immunizations recommended by your doctor

### Good News!

If you missed getting these shots before becoming pregnant, you can get them after your baby is born.



# Now that you are pregnant...

## Doctors recommend flu and whooping cough shots!

During pregnancy, flu is more likely to cause serious problems for you and your baby. Like flu, whooping cough can also be deadly for new babies, but they are too young to be immunized against these diseases.

Ask your doctor for:

### Pregnancy Immunization Checklist

- ✓ Tdap (tetanus, diphtheria, and whooping cough)—during your third trimester, even if you got it before pregnancy
- ✓ Flu—once a year

Getting these shots is very safe<sup>1,2,3</sup>. Some of the protection you get from these shots passes to your baby during pregnancy. This will help protect your baby until she is old enough to be immunized against these diseases.

### Good News!

You can choose your baby's doctor while you're expecting! Schedule a visit to get expert advice on baby shots and more before your baby is born.



# After your baby is born...

## Circle your baby with protection

Newborns are too young to get flu and whooping cough shots. They count on the rest of us to be protected.

### To maximize the protection around your baby:

- ✓ Get any shots you missed
- ✓ Ask family members, friends, and caregivers to get their flu and whooping cough shots
- ✓ Remind people around your baby to wash their hands often

### Good News!

Getting routine shots while you are breastfeeding is safe for you and your baby.

