

ASK YOUR MIDWIFE ABOUT VACCINES!

PROTECT YOURSELF AND YOUR BABY

When you get vaccinated during pregnancy, you aren't just protecting yourself—you're giving your baby some early protection too!

Getting the following vaccines while pregnant can help keep you and your little one safe:

- **TDAP**
- **FLU**
- **COVID-19**

The **Tdap vaccine** protects against tetanus, diphtheria, and pertussis (also known as whooping cough). Your baby cannot get this vaccine until they're 2 months old.

The **flu vaccine** protects against the seasonal influenza virus every fall and winter. Your baby cannot get this vaccine until 6 months old, leaving them more likely to get a respiratory illness this season.

The **COVID-19 vaccine** protects against the novel coronavirus SARS-CoV-2. Your baby cannot get this vaccine until they're 6 months old.

With cold and flu season coming, there's no better time to protect yourself and your baby. You can even get your flu, COVID-19, and Tdap vaccines at the same time!

Make the right choice for your baby. As your trusted partner, support, and ally, ask your midwife or provider about vaccination at your next appointment.

For more information, visit

<https://www.cdc.gov/vaccines/pregnancy>

