

# VACCINES ARE GOOD FOR MOMS & BABIES





# TALK TO YOUR MIDWIFE ABOUT ALL THE WAYS TO STAY HEALTHY DURING PREGNANCY

There are so many decisions to make for yourself and your growing baby! As your trusted partner, support, and ally, your midwife has a lot of answers when it comes to ways to stay healthy, during pregnancy and beyond.

At your next appointment, ask about vaccinations that could help your own health—and give your baby early protection too!

For more information, visit  
<https://www.cdc.gov/vaccines/pregnancy>



**PROTECT  
YOUR BABY  
RIGHT FROM  
THE START**

 **AMERICAN COLLEGE  
of NURSE-MIDWIVES**

# VACCINATION IS ANOTHER IMPORTANT WAY TO PROTECT 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** – against tetanus, diphtheria, and pertussis.
- **Flu** – against the annual influenza virus.
- **COVID-19** – against novel coronavirus SARS-CoV-2.

Keep you and your baby healthy and safe. Ask your midwife or healthcare provider about vaccination at your next appointment.

For more information, visit  
<https://www.cdc.gov/vaccines/pregnancy>



**ASK YOUR  
MIDWIFE  
ABOUT  
TDAP!**



# PROTECT YOURSELF & GIVE YOUR BABY A HEALTHY START

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

The Tdap vaccine protects against:

- **Tetanus**
- **Diphtheria**
- **Pertussis (whooping cough)**

All of which your baby can't be vaccinated against until 2 months old.

Pertussis, or whooping cough, is a highly contagious respiratory infection that causes a severe cough and can sometimes be fatal. This disease mostly affects very young children since they have not been able to be fully vaccinated. That's why it is important for adults who will have close contact with babies and young children to make sure they are vaccinated.

There's no better time than now to protect yourself and your baby. For more information, ask your midwife or healthcare provider, and visit <https://www.cdc.gov/vaccines/pregnancy>

# COVID-19 VACCINE & PREGNANCY

# ASK YOUR MIDWIFE HOW IT CAN HELP PROTECT YOU AND YOUR BABY

When you get vaccinated during pregnancy, you're giving your little one some early protection, before they'll be able to get vaccinated themselves.

- The **COVID-19** vaccine protects against the novel coronavirus SARS-CoV-2—which your baby can't get until 6 months old.

Keep you and your baby healthy and safe. You can even schedule your flu and COVID-19 vaccines at the same time!

Ask your midwife or healthcare provider about vaccination at your next appointment. For more information, visit <https://www.cdc.gov/vaccines/pregnancy>







**ASK YOUR  
MIDWIFE  
ABOUT THE  
FLU SHOT!**

# KEEP PROTECTING YOUR BABY THIS FALL & WINTER

You're already giving your baby so much and making decisions to keep them healthy. Now's the time to get the flu vaccine to give your baby some early protection too!

- The **flu vaccine** protects against the seasonal influenza virus every fall and winter. A baby can't receive the vaccine until 6 months old. The good news is that parental vaccine helps protect a new baby after birth.

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

For more information, ask your midwife or provider, and visit  
<https://www.cdc.gov/vaccines/pregnancy>

