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:

Free copies of this material may be available at your local health department: http://bit.do/immunization
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. Some of the protection you get from these shots passes to your baby in the womb. 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.