

PROTECT yourself & your growing family

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

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



Where can I get immunized?

I have a doctor.

Call your doctor and ask,

- Do you offer flu, Tdap, RSV, and CO-VID-19 vaccines?
- How soon can you see me?

My doctor does NOT have the shots I need or can't see me soon enough.

Call the pharmacy where you usually pick up your prescriptions and ask,

- Do you offer flu, Tdap, RSV, and CO-VID-19 vaccines?
- Does my insurance cover these vaccines at your pharmacy?"
(Note: If you have Medi-Cal, shots should be covered at this pharmacy.)
- What are your immunization clinic hours?

The pharmacy I usually go to for prescriptions does not offer the vaccines I need, or my insurance does not cover them there.

Call your health plan's member services.
(This number is usually on the back of your insurance card.) Ask,

- What nearby pharmacies do you cover?

Call the nearby pharmacies and ask,

- Do you offer flu, Tdap, RSV, and CO-VID-19 vaccines?
- What are your immunization clinic hours?

[Vaccines.gov](https://www.vaccines.gov)

[ImmunizationForWomen.org](https://www.immunizationforwomen.org)

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



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IMMUNIZATIONS for a Healthy Pregnancy



Thinking of having a baby?

Now that you are pregnant...

After your baby is born...

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 vaccines to protect you and your family. Talk with your doctor about which vaccines are right for you.

Pre-Pregnancy Immunization Checklist

- ✓ MMR (measles, mumps, rubella)
- ✓ Flu (influenza)—as soon as vaccine is available
- ✓ Chickenpox
- ✓ Hepatitis B
- ✓ Updated COVID-19
- ✓ Other vaccines recommended by your doctor

Your baby counts on you for BEST protection!

Flu and COVID-19 are more likely to cause serious problems for you and your baby during your pregnancy. Whooping cough and Respiratory Syncytial Virus (RSV) can also be deadly for newborn babies.

Ask your doctor for these vaccines:

- ✓ Tdap (whooping cough vaccine)—at 27-36 weeks of pregnancy, even if you got it before pregnancy
- ✓ Flu—as soon as vaccine is available
- ✓ RSV vaccine—September–January, between 32 and 36 weeks of pregnancy
- ✓ Updated COVID-19 vaccine—if you haven't received it yet.

These vaccines are safe. The protection you get from these vaccines passes to your baby before birth. This will help protect your baby in early life.

Good News!

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

Good News!

If you missed getting your RSV vaccine during pregnancy, your baby can get their own RSV immunization soon after birth.

Circle your baby with protection

Newborns are too young to get flu, COVID-19 and whooping cough shots. While getting your vaccines during pregnancy is most protective, make sure to get any shots you missed.

To further protect your baby:

- ✓ Keep your baby away from sick people.
- ✓ Ask family, friends, and caregivers to get their flu shot and make sure they are up to date on other shots, like whooping cough and COVID-19.
- ✓ Remind people around your baby to wash their hands often.

Good News!

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

