

**TO:** EZIZ  
**FROM:** CDPH  
**SUBJECT:** National Immunization Awareness Month: A Healthy Start  
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Dear EZIZ Users,

August is National Immunization Awareness Month, reminding us how immunizations protect our health. Immunizations are important across our lifespan, and each week of National Immunization Awareness Month brings attention to a particular age group. We kick off the observance this year with a focus on how we can help babies get a healthy start by vaccinating pregnant women.

With a pertussis epidemic in progress and flu season quickly approaching, now is a good time to be reminded that ACOG and the CDC **recommend that all pregnant women receive:**

- **an influenza shot** at any stage during their pregnancy and
- **a pertussis (Tdap) shot** between 27 and 36 weeks gestation of each pregnancy, regardless of the timing of past doses.

Immunization against pertussis during the third trimester of pregnancy was associated with a 79% decline in pertussis among babies younger than 3 months of age in an [observational study](#) from England recently published in The Lancet. The estimated vaccine effectiveness was 91%. Additionally, there is no evidence of an increased risk of adverse events in pregnant women given Tdap during the third trimester, according to a [related study](#) published in The BMJ.

Help us raise awareness by:

- Strongly recommending both of these immunizations during pregnancy
- Posting flyers about [influenza \(Spanish\)](#) and [pertussis \(Spanish\)](#) for expectant moms in your practice
- Sending [influenza](#) and [whooping cough](#) e-cards to expectant parents.

Visit [ShotByShot](#) to read a moving story written by a mother who nearly lost her newborn son to pertussis.

Additional resources are available for National Immunization Awareness Month at <http://www.cdc.gov/vaccines/events/niam.html>

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