

CHOOSING TO IMMUNIZE  
IS THE BEST WAY TO  
PROTECT YOURSELF AND  
EVERYONE AROUND YOU  
FROM DANGEROUS DISEASES  
ACROSS THE LIFESPAN.



**Prioritize  
Vaccination**

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**Protect Your  
Loved Ones**

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**Pass the  
Protection On**

**GET THE #VAXFACTS →**

[thepowertoprotect.org](http://thepowertoprotect.org)  
850-245-4342

# THE POWER TO PROTECT

INFORMATION  
FOR PREGNANT  
WOMEN



# PROTECT YOUR HEALTH. PROTECT YOUR BABY.

If you're pregnant or planning to be, there are vaccines you need now and in the future.

When you get vaccines while pregnant, you aren't just protecting yourself — you're passing on the protection to your baby, too.

## DID YOU KNOW?

Pregnant women who get vaccinated pass antibodies to their babies, protecting the babies in the first few months of life before they can get the vaccines themselves.

## WHAT YOU NEED TO KNOW:

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### INFLUENZA (FLU)

Changes in your immune system, heart, and lungs during pregnancy make you more likely to get seriously ill from the flu. Getting the flu while pregnant also increases the chance for serious problems for your unborn baby—including miscarriage or preterm birth.

**The Advisory Committee on Immunization Practices (ACIP) recommends you should get the flu vaccine as soon as it is available in your area. Women with influenza are more than twice as likely to be hospitalized if they are pregnant.**

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### PERTUSSIS (WHOOPIING COUGH)

Pertussis is a highly contagious respiratory infection that can be deadly for infants.

**Pregnant women need a Tdap vaccine during the third trimester of each pregnancy to help protect their newborns who are too young to be vaccinated.**

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**Talk to your doctor today about the vaccines you may need now and in the future.**

It's never too early to start thinking about the vaccines your baby will need after birth.

