

# PROTECT yourself & your growing family

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.



## Where can I get immunized?

### I have a doctor.

Call your doctor and ask,

- Do you offer flu and Tdap shots?
- 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 and Tdap shots?
- Does my insurance cover these shots 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 shots 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 and Tdap shots?
  - What are your immunization clinic hours?

### Vaccines.gov

### ImmunizationForWomen.org

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



California Department of Public Health  
Immunization Branch  
GetImmunizedCA.org

This publication was supported by Grant Number H23/CCH922507 from the Centers for Disease Control and Prevention (CDC).

IMM-887 (7/18)

# IMMUNIZATIONS for a Healthy Pregnancy



California Department of  
Public Health

# 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.

### Pre-Pregnancy 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...

## Your baby counts on you for BEST protection!

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) — as early as possible during your third trimester, even if you got it before pregnancy
- Flu—once a year

Getting these shots is very safe. 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. While getting your shots 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 measles.
- 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.

