What You *Need* To Know About Pregnancy and Vaccines

The CDC wants you to know that vaccines are an important part of a healthy pregnancy. Certain diseases that can be very serious for pregnant women and their newborn babies can be prevented by vaccines. Staying up to date with vaccines is part of a healthy pregnancy.

Pregnant women should get:

- ☐ Influenza "flu shot" vaccine each year
- ☐ Vaccine to prevent whooping cough and tetanus (Tdap)

Vaccines help protect you. Vaccines also help protect your baby during the time when he or she is too young to get vaccinated but is at high risk of severe disease from flu and whooping cough. Your doctor, pharmacist or other healthcare provider may recommend other vaccines either before, during or after your pregnancy based on your age or other considerations. Talk to your healthcare provider about including vaccines as part of a healthy pregnancy.

You can find more information at www.cdc.gov/vaccines

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