

# 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?

- **Doctor's office:** Ask during your next prenatal check up!
- **Pharmacy:** If your doctor doesn't have them, ask for a prescription and take it to the pharmacy. Call ahead to check their hours and if your insurance covers all of the vaccines recommended in pregnancy: Tdap, COVID-19, flu and RSV. If you have Medi-Cal, vaccines should be covered at the pharmacy.

You can also visit [myturn.ca.gov](https://myturn.ca.gov) or call your health plan to find where you can get your vaccines. After getting immunized, ask for a vaccine record and bring it to your next prenatal visit. You can also download your digital vaccine record at [mydvr.cdph.ca.gov](https://mydvr.cdph.ca.gov).

For more info, see [FAQs on vaccine safety \(bit.ly/prenatalvaccines\)](https://bit.ly/prenatalvaccines).

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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 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 these 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 people around your baby to stay up to date on vaccines (like flu, whooping cough, and COVID-19) and wash hands often.
- ✓ Vaccinate your baby on time to protect them from dangerous diseases as soon as possible.

### Good News!

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

### Good News!

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

