



Protect yourself and your baby from flu and whooping cough!



Healthcare professionals recommend two vaccines during pregnancy.

1ST TRIMESTER

2ND TRIMESTER

3RD TRIMESTER

FLU vaccines can be given during any trimester on a yearly basis

1ST TRIMESTER

2ND TRIMESTER

3RD TRIMESTER

WHOOPING COUGH vaccines should be given during every pregnancy between 27 - 36 weeks



FAMILIES
FIGHTING FLU, INC.



Partnership for
Maternal &
Child Health
OF NORTHERN NEW JERSEY

Both flu and whooping cough vaccines have been well studied for safety in pregnant women.



Vaccination reduces the risk of whooping cough in babies by **78%**



Vaccination reduces the risk of flu in babies by **64 - 81%**

The ingredients in these vaccines are safe for both you and your baby.



For more information, visit
www.familiesfightingflu.org
and www.partnershipmch.org

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