



# Protect yourself and your baby from whooping cough and flu!

As a mom, you want to protect your baby from getting sick. That protection can start during pregnancy. By getting vaccinated, you can pass along antibodies so that your baby is healthy.

Since newborn babies don't have a fully developed immune system, they rely on you to help protect them from **whooping cough** and **flu** by getting vaccinated during pregnancy. **Flu** and **whooping cough** can be serious, and even deadly, for infants.



## Vaccines Are Recommended

Healthcare professionals recommend that pregnant mothers receive both flu and whooping cough vaccines during every pregnancy.

1<sup>ST</sup> TRIMESTER

2<sup>ND</sup> TRIMESTER

3<sup>RD</sup> TRIMESTER

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

● ——— **WHOOPIING COUGH**

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



# Vaccines Are Effective

## Vaccination Benefits for Baby:



Reduces the risk of whooping cough by **78%**<sup>1</sup>



Reduces the risk of flu by **64 - 81%**<sup>2</sup>

## Vaccination Benefits for Mom:



Reduces the risk of flu-associated respiratory infection by **~50%**<sup>3</sup>



Reduces the risk of flu-related hospitalization by **40%**<sup>3</sup>

# Vaccines Are Safe

Vaccines cannot make you or your baby sick with the illnesses they protect against. All of the ingredients used in vaccines play a role in making the vaccines safe and effective for mom and baby. If you experience some mild side effects following vaccination such as muscle aches, fever, or headache, that's a sign that your body's immune system is gearing up to fight off a future infection.



For more information, visit  
[www.familiesfightingflu.org](http://www.familiesfightingflu.org) and  
[www.partnershipmch.org](http://www.partnershipmch.org)

### References

<sup>1</sup> <https://www.cdc.gov/pertussis/pregnant/mom/get-vaccinated.html>

<sup>2</sup> <https://pediatrics.aappublications.org/content/137/6/e20152360>

<sup>3</sup> <https://www.cdc.gov/flu/highrisk/pregnant.htm>



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