



Expecting?

Protect yourself and your baby against flu, whooping cough, and COVID-19!

You may not realize it, but changes to your body during pregnancy put you and your baby at risk for serious complications from flu and COVID-19. Getting COVID-19, flu, and whooping cough shots while you are pregnant can help protect you and your baby against these serious diseases. The protection you get from the shots passes to your baby in the womb. This will help protect your baby in early life when she is most vulnerable.

Are these diseases really dangerous for me and my baby?

Yes. Even if you are healthy, you are at higher risk of getting very sick from flu and COVID-19 during pregnancy. Flu and COVID-19 can have serious complications such as high fever, pneumonia, hospitalization, and even death for both you and your baby. Both can also lead to pre-term birth and stillbirth of the baby.

For babies, catching whooping cough can lead to trouble breathing (turning blue or gasping for air), pneumonia, hospitalization, and death. Whooping cough is highly contagious and can easily spread to others, including babies. In the first 6 months of life, babies are at high risk of complications from whooping cough, even if they are healthy. This is because their immune systems are still developing. In fact, babies younger than 2 months of age only have the antibodies they get from their mothers to help protect them.

How common are these diseases?

Each year, millions of Californians get flu, and hundreds of babies are hospitalized due to flu. Thousands also catch whooping cough every year. In 2014, over 11,000 people in California became ill with whooping cough, hundreds were hospitalized, and three infants died. In 2020 and 2021, 1 out every 4 of deaths among pregnant people was due to COVID-19. The best way to protect yourself and your baby from these diseases is to get vaccinated.

How can I protect my baby and myself?

The American College of Obstetricians and Gynecologists (ACOG), the American Academy of Pediatrics (AAP), and the Centers for Disease Control and Prevention (CDC) recommend that all pregnant people get these life-saving shots:



Flu Vaccine

By late October (if possible). If you missed it, get it now!



COVID-19 Vaccine

Primary series and booster(s) when eligible.



Whooping Cough Vaccine (Tdap)

As early as possible during your third trimester—27 to 36 weeks of pregnancy— even if you got the shot before becoming pregnant. You will need to get the Tdap shot during every pregnancy.

**Pass protection to your baby.
Get immunized during pregnancy.**

Where can I get immunized?

Your doctor's office may have these immunizations. If not, ask your doctor for a prescription to take to the pharmacy. While a prescription is usually not required, it may be helpful. Before you go, call your pharmacy to ask for their immunization hours and to make sure the shots are covered by your insurance. If you have Medi-Cal, shots should be covered at your pharmacy. You can also call your health plan to find out where your shots may be covered. After you get immunized, make sure to ask for a vaccine record and bring it to your next prenatal visit.

How safe are these immunizations?

Millions of pregnant people have safely received flu and whooping cough shots, and hundreds of thousands have safely received the COVID-19 vaccine. Multiple studies have shown that getting flu, COVID-19, and Tdap immunizations during pregnancy are safe for mother and baby. The immunizations do not affect the growth or development of your baby. The most common side effect of these shots is a sore arm. It is much riskier not to get immunized.

How effective are immunizations?

These immunizations are very effective for pregnant people. Getting a flu shot during pregnancy can lower your risk of breathing complications and your baby's risk of catching flu by about half. Getting COVID-19 vaccine during pregnancy lowers the risk of the baby being hospitalized with COVID-19 by more than half and ICU hospitalization by more than 70%. Studies have shown that as many as 9 out of 10 babies will be protected against whooping cough if their mothers get a whooping cough shot while pregnant. Babies also benefit because even if they get sick, the transferred antibodies can help protect them from dangerous complications and hospitalization from these diseases.

For more information, visit:

1. <http://bit.do/flu vaccine>
2. <http://bit.do/pertussis4pregnancy>
3. <http://bit.do/effectiveness>
4. <http://bit.do/aboutflu>

If your doctor refers you to a pharmacy, ask for a prescription for the shots you need. Make sure the pharmacist gives you a vaccine record to bring to your next prenatal visit!

Rx

Prescriber Name, Address, Phone Number:

Patient Name: _____ Date: _____

Vaccines recommended during pregnancy:

- ☐ **Tdap** (tetanus, diphtheria, pertussis [whooping cough]) at 27 - 36 weeks gestation
0.5 mL IM x 1
Best if given at the earliest date between ___ / ___ / 20__ and ___ / ___ / 20__
- ☐ **Inactivated Influenza**
0.5 mL IM x 1
- ☐ **COVID-19** primary series and ☐ booster(s) when eligible

Prescriber's Signature: _____ License #: _____

Per pharmacy regulations (CCR, Title 16, section 1746.4), please notify us within 14 days of administration of the vaccines our patient received at your pharmacy. Also, please give the patient a copy of the vaccine record and ask her to bring it to her next prenatal visit.

Your baby is counting on you for protection. Get vaccinated.

IMM-1143 (9/22)