

# PROTECTING YOU AND YOUR BABY

Pregnancy is an important time to make sure you and your baby are healthy. Here are some ways to protect yourself and your little one.

## VACCINES FOR MOMS DURING PREGNANCY

Vaccines are an important way to protect yourself and your baby during pregnancy. Your body changes in many ways during pregnancy and you may be more likely to get sick. Pregnant women are encouraged to get their flu shot and the Tdap vaccine.

### Flu shot

If you are pregnant during the flu season, it is especially important to get your flu shot. Pregnant women are at a higher risk for flu-related complications that may even need hospitalization to treat.

### Tdap vaccine

You will receive the Tdap vaccine in weeks 27–36 of your pregnancy or before leaving the hospital. This vaccine protects your baby from pertussis, also called whooping cough. Pertussis is very serious in babies because it causes coughing fits, which can make it hard for them to breathe.



## VACCINES FOR FAMILY AND LOVED ONES

It is important for people who are planning to be around the baby to be vaccinated. Parents, grandparents, friends, and other people who will spend time with the baby should be up-to-date on their flu shot and Tdap vaccines.

## PROTECTING YOUR BABY IN THE FIRST 24 HOURS

Right after you give birth, your care team will help you protect your baby from common infections. These precautions are taken with all newborns:

**Hepatitis B vaccine:** Soon after your baby is born, they will be given the Hepatitis B vaccine. Hepatitis B is a virus that's spread through contact with blood and bodily fluids.

**Vitamin K:** We will give your baby Vitamin K to help their blood clot and stop uncontrolled bleeding. Newborns are at risk for having bleeding problems because they naturally have very low amounts of Vitamin K. This risk of bleeding problems can last for many months after they are born.

**Erythromycin antibiotic:** This antibiotic is given to the baby with an eye cream. It helps to prevent eye infections that can lead to blindness.

## CHECKLIST

### Parents & Caregivers

- Flu
- Tdap

### Baby

- Hepatitis B
- Vitamin K
- Erythromycin