



Immunizations for a Healthy Pregnancy

Give your baby a healthy start in life! Shots (also called immunizations) are a safe way to protect yourself and your baby from some harmful diseases.

BEFORE PREGNANCY

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 shots to protect yourself and your family. Talk with your doctor about which shots are right for you.

These include:

- MMR (measles, mumps, rubella)
- Flu (influenza) – As soon as the vaccine is available
- Chickenpox
- Hepatitis B
- COVID-19 – Vaccine and booster(s)
- Other immunizations recommended by your doctor

Good news! If you miss getting these shots before becoming pregnant, you can get them after your baby is born. If you received shots while you were already pregnant, let your doctor know.



DURING PREGNANCY

Your baby counts on you for the best protection. During pregnancy, flu and COVID-19 are more likely to cause serious problems for you and your baby. Whooping cough can also be deadly for newborn babies.

Ask your doctor about these shots:

- Tdap (tetanus, diphtheria, and whooping cough) – As early as possible during your third trimester, even if you got it before pregnancy
- Flu – As soon as the vaccine is available
- COVID-19 – Vaccine and booster(s)

Getting these shots is safe. The protection you get from these shots passes to your baby in the womb. This helps protect your baby until he or she is old enough to be immunized against these diseases.

Did You Know? You can also choose your baby's doctor while you're expecting. Schedule a visit to get expert advice on shots for babies and more before your baby is born.



AFTER BABY IS BORN

Circle your baby with protection. Newborns are too young to get flu and whooping cough shots. While getting your shots during pregnancy is most protective, make sure to get any shots you missed. Getting routine shots while you are breastfeeding is safe for you and your baby.

To further protect your baby:

- Keep your baby away from sick people.
- Ask family, friends, and caregivers to get their flu shot and make sure they are up to date on other shots, like whooping cough and COVID-19.
- Remind people around your baby to wash their hands often.

WHERE TO GET IMMUNIZED

Your doctor's office may have the shot(s) you need. Or your pharmacy may have the shots. If you need help finding a place to go, call your doctor or the Alliance Member Services Department at **1.510.747.4567**.

For more information:

- www.cdc.gov/vaccines/pregnancy
Read more about vaccines and pregnancy.
- vaccines.gov
Find COVID-19 and flu vaccine sites near you.

Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments

(CRS/TTY): **711/1.800.735.2929**

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