

ASK YOUR MIDWIFE ABOUT VACCINES!

PROTECT YOURSELF AND YOUR BABY

When you get vaccinated during pregnancy, you aren't just protecting yourself—you're giving your baby some early protection too!

Getting the following vaccines while pregnant can help keep you and your little one safe:

- **TDAP**
- **FLU**
- **COVID-19**
- **RSV**

Vaccines in pregnancy protect against respiratory infections that can lead to severe complications in pregnancy. They also provide protection to babies in their first months of life, before they are able to get these vaccines themselves.

You can get the Tdap vaccine all year around. Get your COVID, flu and RSV vaccines at the start of cold and flu season in the fall. You can get your vaccines at the same time!

Make the right choice for your baby. As your trusted partner, support, and ally, ask your midwife or provider about vaccination at your next appointment.

For more information, visit

<https://www.cdc.gov/vaccines/pregnancy>

