When you are pregnant, you share everything with your baby. When you get vaccines, you give your baby an early shield from germs, too. To help protect your baby and you, during each pregnancy you should get two shots:

* Flu shot
* Whooping cough vaccine (also called Tdap)

**Whooping Cough**

Whooping cough (or pertussis) can be serious for any of us.  
For your newborn, it can be life-threatening.

* Babies with whooping cough may stop breathing and turn blue even before they have other symptoms.
* 1-out-of-2 babies with whooping cough in the 1st year of life need hospital care.   
  The younger the baby is when he/she gets whooping cough, the more likely he/she will need hospital care.
* Up to 20 babies die each year in the U.S. due to whooping cough.

**Get Tdap during your pregnancy**!  
That way, your body makes antibodies and passes some of them to your baby **before birth**. This helps protect your baby against whooping cough early in life.

At 2 months of age, be sure your baby starts having his/her own whooping cough shots.  
  
Learn more at [www.cdc.gov/pertussis/pregnant/](http://www.cdc.gov/pertussis/pregnant/).

**Flu**

* When you are pregnant, your body is different so even if you never had a bad case of flu before, you might get it now, right when your baby needs you to be breathing well.
* If you catch flu, it increases the chances that your developing baby will be born too early.
* If your baby catches flu in the first year of life, it can be cause major breathing problems.

**Get a flu shot during your pregnancy**!  
Just like Tdap, a flu shot helps your body makes antibodies that pass to your baby **before birth**. This helps protect your baby against flu early in life AND protects you from a really bad case of flu.

At 6 months of age, be sure your baby starts having his/her own flu shots.

Most offices have the flu shot on hand by fall. Ask your care team how to get yours.

Learn more at [www.cdc.gov/flu/](http://www.cdc.gov/flu/).

**Keep Protecting Your Baby after Pregnancy**

Your pregnancy care team may recommend some vaccines for you soon after delivery.

* If you missed your flu shot or Tdap during pregnancy, get them now.
* Other vaccines are important, too, if you did not get them before your pregnancy.

Your pregnancy care team recommends that your baby start getting his/her own vaccines as soon as possible. To learn more, talk to your baby’s doctor or check out [www.cdc.gov/vaccines/parents/](http://www.cdc.gov/vaccines/parents/).

Talk to your ob-gyn or midwife about vaccines and visit: [www.cdc.gov/vaccines/pregnancy/](http://www.cdc.gov/vaccines/pregnancy/)