

Communication Toolkit: Pregnant Women



Updated 6/24/16

Vaccines are an important component of a healthy pregnancy. Women should be up to date on their vaccines before becoming pregnant, and should receive vaccines against both the flu and whooping cough (pertussis) during pregnancy. These vaccines not only protect the mother by preventing illnesses and complications, but also pass on protection to her baby before birth.

Women who are planning to become pregnant may need to receive some vaccines before the start of pregnancy. These vaccines, such as the measles mumps rubella (MMR) vaccine, may need to be administered at least 4 weeks before a woman becomes pregnant. Some vaccine-preventable diseases, such as rubella, can lead to significant pregnancy complications, including birth defects.

Pregnancy is a good time for expectant mothers to start learning about the safe, proven disease protection that vaccines will provide to their babies once they are born. Pregnant women also should plan on getting flu and whooping cough vaccines during their pregnancy. Pregnant women are at increased risk for serious complications from the flu. The flu shot helps to protect a pregnant woman and her developing baby from the flu. There is some data to suggest that even if a vaccinated person gets the flu, their symptoms may be milder because they were vaccinated. The pregnant mother passes flu shot antibodies on to her developing baby so the baby is protected for several months after he or she is born. By getting a whooping cough vaccine in the third trimester, the pregnant mother also develops antibodies and passes them on to her developing baby so that her baby is born with protection against whooping cough.

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Sample Key Messages

Use key messages as the basis for talking points, presentations, media interviews, news releases, social media messages or other outreach materials. Localize and tailor your messages with information or stories from your own organization or community.

Get off to a healthy start by making sure that your immunizations are up to date before becoming pregnant.

- Before becoming pregnant, you should be up to date on routine vaccines to help protect you and your child from preventable diseases like rubella.
- Live vaccines should be given at least one month before pregnancy; vaccines received during pregnancy should be inactivated (e.g., viruses or bacteria in the vaccine are killed rather than weakened).
- It is very important for women to be up to date on their measles-mumps-rubella (MMR) vaccine before becoming pregnant. Rubella infection in pregnant women can cause miscarriage or stillbirth, or birth defects in the developing baby.
 - You can have a pre-pregnancy blood test to see if you are immune to rubella.
 - If you need to get an MMR vaccine, you should avoid becoming pregnant until one month after receiving the MMR vaccine.

There are two vaccines routinely recommended during pregnancy: flu (to protect against influenza) and Tdap (to protect against whooping cough).

- It is safe, and very important, for a pregnant woman to get a flu shot (i.e., made with killed flu virus).
- Pregnant women can get the flu shot at any time during their pregnancy.
- Significant flu season activity may begin as early as October and last as late as May. Pregnant women should get a flu shot by the end of October if possible.
- Women should get a tetanus, diphtheria, and acellular pertussis (whooping cough) vaccine (Tdap) during each pregnancy. Ideally, the vaccine should be given between 27 and 36 weeks of pregnancy for the best whooping cough protection to be passed on to the baby before birth.
- This vaccine is important to help protect young babies from whooping cough until they are able to receive their own vaccines at 2 months old.
- Many vaccine-preventable diseases, rarely seen in the United States, are still common in other parts of the world. A pregnant woman planning international

travel should talk to her health care professional about travel vaccines.

Vaccines protect you against serious diseases and prevent you from passing diseases on to your baby.

- Pregnant women are at high risk of serious flu complications; they are more likely to become severely ill with the flu than women who are not pregnant.
 - Getting the flu while pregnant increases your chances for serious problems with your pregnancy, including premature labor and delivery.
 - Getting a flu shot is the best way to be protected from the flu and prevent possible flu-related pregnancy complications. A flu shot can protect a pregnant woman and her baby against the flu
- Whooping cough can lead to serious complications or be deadly for babies.
 - Whooping cough can cause serious and sometimes life-threatening complications in babies, especially within the first six months of life. About half of babies younger than one year old who get whooping cough end up in the hospital.
 - Getting the whooping cough vaccine during your third trimester allows for the greatest number of antibodies to be passed on to your baby so he/she is born with protection.
 - Two studies from the United Kingdom have shown whooping cough vaccination during pregnancy to be at least 90% effective in preventing whooping cough in babies younger than 2 months of age.

The vaccines you get during pregnancy will provide your baby with some disease protection (immunity) that will last the first few months of life before babies are able to get their own vaccines.

- By getting vaccinated during pregnancy, you can pass antibodies to your developing baby which can help protect against diseases.
- Babies in the first several months of life are at the greatest risk of severe illness from influenza and whooping cough but are too young to be immunized. Vaccination during pregnancy is critical for protecting them.
- However, they do not provide long-lasting protection. That is why the vaccine is recommended during each pregnancy — so that each baby gets the greatest number of protective antibodies and the best protection possible against whooping cough.

Your pregnancy is a good time to start learning about the safe, proven disease protection that vaccines can provide for your baby.

- Vaccinating your children according to the recommended schedule is one of the best ways you can protect them from 14 serious and potentially deadly diseases before their second birthday.
- Vaccines don't just protect your child, but other people as well. Immunization is a shared responsibility. Families, health care professionals and public health officials must work together to help protect the entire community – especially babies who are too young to be vaccinated themselves.
- Children who don't get recommended vaccines are at risk of getting the disease or illness, having a severe case of the disease or illness, and passing it on to others in their communities who cannot get vaccinated because they are too young or have a medical condition.
- You can't predict or know in advance if an unvaccinated child will get a vaccine-preventable disease, nor can you predict or know how severe the illness will be or become.
- Most young parents in the United States have never seen the devastating effects that diseases like polio, measles, rubella, or whooping cough can have on a family or community. It's easy to think of these as diseases of the past. But the truth is they still exist, and they can spread quickly, especially when they reach groups of unvaccinated children.
- Parents can learn more at CDC's vaccine website for parents: www.cdc.gov/vaccines/parents/index.html

Breastfeeding moms also can get some vaccinations.

- Antibodies are transferred to babies during pregnancy, and also through breastfeeding. A mother can pass antibodies against diseases she has had in the past, and those she has been vaccinated against, through her breastmilk.
- Flu vaccines safe for women who are breastfeeding.
- When you get whooping cough and flu vaccines during your pregnancy, you will have antibodies in your breast milk that you can share with your baby as soon as your milk comes in, if you are breastfeeding.
 - If you wait and get vaccinated after delivering, your baby will not be born with protective antibodies. Additionally, it takes about two weeks for your own body to create antibodies, so as the mother, you are also not protected during this time.

Whooping Cough and Pregnancy

Whooping cough, also known as pertussis, is a very contagious disease that can cause serious illness and death, especially in newborns and young infants who are not fully vaccinated.

- Whooping cough vaccines are the safest and most effective way to prevent this disease. Tdap is a vaccine that provides protection against tetanus, diphtheria, and whooping cough.
- Pregnant women should get a dose of Tdap during the third trimester of each pregnancy between 27 and 36 weeks. When a pregnant woman receives a whooping cough vaccine, her body creates protective antibodies and passes some of them to her baby before birth. These antibodies provide the baby some short-term protection against whooping cough until he or she is able to start receiving his or her own vaccine at 2 months of age.
- Whooping cough vaccines work. We no longer see 200,000 cases each year like we did before we had whooping cough vaccines.

Whooping cough is often thought of as a disease of the past. While we no longer see the number of cases we did in the United States before whooping cough vaccines were available, it is a growing health concern.

- More than 18,000 cases of whooping cough were provisionally reported to CDC during 2015.

Whooping cough can be serious for anyone, but it is life-threatening in newborns and young babies.

- Up to 20 babies die each year in the United States due to whooping cough. About half of babies younger than 1 year old who get whooping cough need treatment in the hospital. The younger the baby is when he gets whooping cough, the more likely he will need to be treated in a hospital.
- It is important to know that many babies with whooping cough don't cough at all. Instead it can cause them to stop breathing and turn blue.
- Whooping cough is usually less severe for those who have been vaccinated. Vaccinated babies are less likely to suffer from life-threatening pauses in breathing and end up in the hospital.

There are currently no whooping cough vaccines licensed or recommended for newborns at birth.

- For this reason, three vaccination strategies are used in combination to provide the best protection possible to newborns and young babies:
 1. Vaccinate pregnant women in their third trimester, between 27 and 36 weeks, to give their newborns short-term whooping cough protection (immunity).
 2. Make sure family members and caregivers are up to date with whooping cough vaccines before they meet the baby.
 3. Vaccinate babies on time, beginning at 2 months of age, so they build their own immunity and complete the vaccine series by ages 4-6.

CDC recommends that pregnant women receive the whooping cough vaccine called Tdap during each pregnancy.

- By doing so, the mother’s body creates protective antibodies and passes some of them to her baby before birth. These antibodies give babies some short-term protection against whooping cough until they can begin building their own immunity through childhood vaccinations, starting when they are 2 months old.
- Antibody levels are highest about two weeks after getting the vaccine and decrease over time. The vaccine is recommended during each pregnancy in the third trimester, preferably between the 27th and 36th week, so the mother gives her baby the greatest number of protective antibodies and the best possible protection against whooping cough.

When a baby’s family members and caregivers get a whooping cough vaccine, they help protect their own health while forming a protective circle of immunity around the baby.

- Whooping cough is very easy to spread. Because whooping cough in its early stages can appear to be nothing more than the common cold, it is often not suspected or diagnosed until the cough persists or becomes severe or long-lasting.
- Many babies who get whooping cough catch it from siblings, parents, or other caregivers who might not even know they have the disease.
- The term “cocooning” means vaccinating people who care for or come in close contact with babies.
- However, cocooning alone might not be enough to prevent whooping cough illness and death in babies. That’s why it’s so important for women to receive the whooping cough vaccine during each pregnancy.
- This is because cocooning does not provide any direct protection (antibodies) to your baby, and it can be difficult to make sure everyone who is around your baby had their whooping cough vaccine.

Tdap is very safe for pregnant women and their babies.

- All vaccines are held to the highest standards of safety.
- Vaccines, like any medicine, can have side effects. But most people who get Tdap have no side effects. Some common side effects of Tdap vaccines are pain, redness, or swelling where the shot was given.
- CDC continually monitors whooping cough vaccine safety. The most common side effects are mild (redness, swelling, tenderness at the site where the shot was given). Serious side effects are extremely rare.

Getting whooping cough or a whooping cough vaccine (as a child or an adult) does not provide lifetime protection.

- In general, Tdap fully protects about seven out of 10 people who receive it against whooping cough, but protection fades over time. Between three and four out of 10 people are fully protected against whooping cough 4 years after receiving Tdap.
- While protection from both whooping cough vaccines fades over time, people who get whooping cough after being vaccinated are typically protected against severe illness.

Flu and Pregnancy

Getting a flu shot can protect a pregnant women from the flu.

- Even if you are generally healthy, changes in immune, heart, and lung functions during pregnancy make you more likely to get seriously ill from the flu. Studies show that getting a flu shot while you are pregnant can protect you from flu but also can protect your baby from flu for several months after birth.
- Flu shots are a safe way to protect the mother and her developing baby from serious illness and complications from flu. Millions of pregnant women have safely received flu shots for many years.
- The flu shot has not been shown to cause harm to pregnant women, their developing babies, or to newborns of vaccinated women.
- Pregnant women can get a flu shot at any time, during any trimester, while pregnant.
- Pregnant women are at high risk of serious flu complications. If you get sick with the flu, call your doctor right away. CDC recommends that pregnant women with flu be treated with influenza antiviral drugs. Your doctor can prescribe flu antiviral medicines to treat flu illness. Antiviral medicines can make flu illness milder, decrease the time you are sick, and decrease the risk of problems caused by flu illness.
- Pregnant women with the flu have a greater chance for serious problems for their developing babies, including premature labor and delivery.
- Getting a flu shot is the best way to protect you from the flu and prevent possible flu-associated pregnancy complications.
- It's best to get vaccinated before the flu season begins. Though flu seasons vary in their timing from season to season, getting vaccinated by the end of October helps ensure that you are protected before flu activity begins to increase.

When you get a flu shot, your body starts to make antibodies that help protect you against the flu.

- Antibodies can be passed on to your developing baby, and help protect the baby for several months after he or she is born. This is important because babies younger than 6 months of age are too young to get a flu vaccine.
- If you breastfeed your infant, antibodies may also be passed on in breast milk.
- It takes about two weeks to make antibodies after getting a flu vaccine. Since it takes about two weeks after flu vaccination for antibodies to develop in the body that protect against flu virus infection, it is best that people get vaccinated by the end of October if possible.

- If you have your baby before getting a flu shot, you still need to get vaccinated. Getting vaccinated reduces your risk of getting sick and possibly passing the flu on to your baby.
- Another way to protect your baby is to have all of their caregivers and close contacts (including parents, brothers and sisters, grandparents and babysitters) get vaccinated against the flu.
- The flu shot is safe and recommended for pregnant women at any time during their pregnancy. See [People at High Risk of Developing Flu–Related Complications](#) for a full list of age and health factors that confer increased risk.

One out of two pregnant women are getting their yearly flu shot.

- During the 2014-15 flu season, an estimated 50% of pregnant women in the U.S. protected themselves and their babies from flu by getting a flu shot. This is a significant improvement since the years before the 2009 flu pandemic. However, almost half of pregnant women and their babies remained unprotected from flu that season.

Sample News Release

Customize sample news releases with information, stories or events happening in your community. Submit news releases, articles or op-eds to local news and partner organizations to publish, post on websites, or share through social media. Distribute or make available electronically to key partners and decision-makers.

A Healthy Start: Pregnancy and Vaccines

National Immunization Awareness Month is a reminder that we all need vaccines throughout our lives.

During pregnancy, you are often thinking about baby names, nursery colors, and prenatal vitamins, but you should also be thinking about vaccines. Vaccines during pregnancy not only protect you against diseases, but you can also begin to pass some protection to your baby that'll last the first few months of life. The two vaccines that are routinely recommended by doctors and midwives during your pregnancy are the pertussis or whooping cough vaccine (Tdap) and the flu shot.

To celebrate the importance of immunizations for a healthy start and throughout our lives – and to make sure everyone is protected with all the vaccines they need – the [name of local organization] is joining with partners nationwide in recognizing August as National Immunization Awareness Month.

[Insert information on any events local organization is hosting or is aware of.]

“Getting a flu shot is the best way to protect a pregnant woman from the flu and prevent serious flu-related problems, such as premature labor and delivery. And when you get a whooping vaccine, or Tdap, during each pregnancy, you'll pass some antibodies that will help protect your baby for the first months of life,” said [insert name of local official].

“That's when babies are most vulnerable to the devastating complications associated with whooping cough. I encourage pregnant women to talk to their ob-gyns or midwives about these important vaccines.”

You can find out more about the vaccines recommended during pregnancy at www.cdc.gov/vaccines or by talking to your doctor or midwife, or calling your local health department.

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Ready-to-Publish Article

Submit sample articles to local news and partner organizations to publish, post on websites, or share through social media. Increase the chances that the article will be picked up for publication by localizing the story – feature a quote from a state or local spokesperson (e.g., state health officer or immunization program manager), use local or state statistics to reinforce your messages.

Word Count: ~ 485

Audience: Media/Parents

Your Pregnancy: Protecting Baby Starts Now

National Immunization Awareness Month is a reminder that we all need vaccines throughout our lives.

From the moment you found out you were pregnant, you started protecting your developing baby. You might have changed the way you eat, started taking a prenatal vitamin, or researching the kind of car seat you'll buy. But did you know that one of the best ways to start protecting your developing baby against serious diseases is by making sure you get the whooping cough (Tdap) and flu vaccines while you are pregnant?

The vaccines you get during your pregnancy will provide your developing baby with some disease protection (immunity) that will last the first months of life after birth. By getting vaccinated during pregnancy, you can pass antibodies to your baby that may help protect against diseases. This early protection is critical for diseases like the flu and whooping cough because babies in the first several months of life are at the greatest risk of severe illness from these diseases. However, they are too young to be vaccinated themselves. Passing maternal antibodies on to them is the only way to help directly protect them.

In cases when doctors are able to determine who spread whooping cough to an infant, the mother was often the source. Once you have protection from the Tdap shot, you are less likely to give whooping cough to your newborn while caring for him or her.

When it comes to flu, even if you are generally healthy, changes in immune, heart, and lung functions during pregnancy make you more likely to have a severe case of the flu if you catch it. If you catch the flu when you are pregnant, you also have a higher chance of experiencing pregnancy complications, such as premature labor and delivery. Getting a flu shot will help protect you and your baby while you are pregnant.

You also can rest assured that these vaccines are very safe for you and your developing baby. Millions of pregnant women have safely received flu shots for many years, and the CDC continues to monitor safety data on flu vaccine in pregnant women.

The whooping cough vaccine also is very safe for you and your developing baby. Doctors and midwives who specialize in caring for pregnant women agree that the whooping cough vaccine is important to get during the third trimester of each pregnancy. Getting the vaccine during your pregnancy will not put you at increased risk for pregnancy complications.

You should get your whooping cough vaccine between your 27th and 36th week of pregnancy. You can get a flu shot during any trimester. You can get whooping cough and flu vaccines at the same time during your pregnancy or at different visits. If you are pregnant during the flu season, you should get a flu vaccine soon after vaccine is available.

If you want to learn more about pregnancy and vaccines, talk to your ob-gyn or midwife, and visit <http://www.cdc.gov/vaccines/adults/rec-vac/pregnant.html>.

Sample Facebook Posts

Use these sample Facebook posts as they are—or as a starting point to customize and localize your own posts. These messages are ideally 250 characters or less to allow the entire post to be viewed in the newsfeed. Check the [Web Links and Resources](#) section on page 21 for more ideas of links you can use to illustrate or enliven your social media messages. CDC’s Guide to Writing for Social Media is a great online resource at: www.cdc.gov/socialmedia/tools/guidelines/pdf/guidetowritingforsocialmedia.pdf.

For Pregnant Women

Getting the whooping cough vaccine during pregnancy is the best way to give your baby protection against whooping cough before birth. Don’t miss your shot! To learn more visit: <http://go.usa.gov/ch7Vd> #NIAM16

If your newborn catches the flu or whooping cough, he could end up in the hospital. Get vaccinated while you’re pregnant and pass protection against these diseases on to your baby. <http://go.usa.gov/chdjC> #NIAM16

Enduring two months of morning sickness is hard. Getting the whooping cough vaccine between 27 and 36 weeks is easy. Mark your calendar! To learn more visit: <http://go.usa.gov/ch7Vd> #NIAM16

What’s just a cough to you, could be deadly for your baby. Give your baby immunity against serious diseases like flu and whooping cough by getting vaccinated during your pregnancy. Learn more by visiting: <http://go.usa.gov/chdjC> #NIAM16

Pregnant or planning to become pregnant? A flu vaccine is safe and very important to protect yourself and pass protection on to your baby. <http://go.usa.gov/chsgV> #NIAM16

Getting a flu shot is the best way a pregnant woman can protect herself and her baby from flu. Studies show that getting a flu vaccine while pregnant during any trimester can protect mom and developing baby throughout the pregnancy, and it protects baby for several months after birth. For more information about flu and pregnancy, visit: <http://go.usa.gov/chsgV> #NIAM16

Pregnant or planning to become pregnant? Tdap vaccine is now recommended during each pregnancy, ideally between 27 and 36 weeks, to help protect against whooping cough and to pass protection to your baby in the first months of life. <http://go.usa.gov/ch7Vd> #NIAM16

Did you know you can help protect your baby from whooping cough before they’re even born by getting the whooping cough vaccine when you’re pregnant? Talk to your doctor

or midwife, and visit: <http://go.usa.gov/ch7Vd> #NIAM16

Protection from whooping cough vaccines decreases over time. Parents and other caregivers need to be up to date with their whooping cough shot to help keep your baby safe. To learn more, talk to your doctor and visit CDC's whooping cough website:

<http://go.usa.gov/chs2F> #NIAM16

Did you know that babies are getting sick with whooping cough (pertussis) in the U.S.? Whooping cough is serious and sometimes deadly for young babies. Learn how to help protect your child and the rest of your family by visiting CDC's whooping cough website:

<http://go.usa.gov/chs2F> #NIAM16

For Health Care Professionals

Doctors: Need help encouraging your pregnant patients to get a flu shot? Use CDC's flu and pregnancy fact sheet and infographic with your patients. Visit

<http://go.usa.gov/chsgV> #NIAM16

Pregnant women trust the info you provide. Strongly recommend and offer flu and Tdap vaccine to your pregnant patients. See the guidelines: <http://go.usa.gov/chsDz> #NIAM16

Do you need flu shot materials for your pregnant patients? CDC has a fact sheet and an infographic specifically on pregnancy and flu shots that you can use with your patients.

Visit <http://go.usa.gov/chsgV> #NIAM16

Looking for communication strategies to discuss vaccines? A successful discussion involves a two-way conversation, with both parties sharing information and asking questions. For tips on creating a successful dialogue, visit <http://go.usa.gov/chsjh> #NIAM16

Studies show that doctors and midwives are pregnant women's most trusted resource for vaccine information. Help prevent babies from getting whooping cough by making sure moms get Tdap vaccine during their 3rd trimester. For more, visit:

<http://go.usa.gov/chsjH> #NIAM16

If you don't administer Tdap vaccine in your office, make a strong 3rd trimester Tdap referral. For tips on encouraging your patients to get the Tdap vaccine, visit

<http://go.usa.gov/chsT9> #NIAM16

Do you need vaccine materials in Spanish for your patients? CDC has information about each vaccine-preventable disease and the vaccines that prevent them in English and

Spanish: <http://go.usa.gov/chsj5> #NIAM16

Do you need Tdap vaccine materials in Spanish for your patients? CDC has fact sheets, posters, podcasts and more: <http://go.usa.gov/chsjx> #NIAM16

Sample Tweets

Use these sample tweets as they are—or as a starting point to customize and localize your own tweets. Check the [Web Links and Resources](#) section on page 21 for more ideas of links you can use to illustrate or enliven your social media messages. CDC's Guide to Writing for Social Media is a great online resource at:

www.cdc.gov/socialmedia/tools/guidelines/pdf/guidetowritingforsocialmedia.pdf.

For Pregnant Women

Thinking about having a baby? Learn about the vaccines you need before, during & after pregnancy at: <http://go.usa.gov/chdJC> #NIAM16

Pregnant? CDC has #flu resources just for you <http://1.usa.gov/1IVNXPI> #NIAM16

Studies show that the #flu shot can protect women and their babies before birth and for several months after they're born. #GetAFluVax #NIAM16

#Flu is more likely to cause severe illness in pregnant women than in women who are not pregnant <http://1.usa.gov/1IVNXPI> #NIAM16

Pregnant women should get the #flu shot to protect both mom & baby.

<http://1.usa.gov/RqALVM> #NIAM16

#FluTip: Pregnant? Early treatment of #flu is esp important for you! <http://1.usa.gov/rjvhg2> #NIAM16

Have you seen news stories about #whoopingcough? Help protect your baby. They are most at risk: <http://go.usa.gov/chs2F> #NIAM16

#Whoopingcough is on the rise in the U.S. Learn how to protect your baby before he's even born: <http://go.usa.gov/chs2F> #NIAM16

Pregnant? You need #whoopingcough vaccine to best protect your baby. Learn more:

<http://go.usa.gov/ch7Vd> #NIAM16

For Health Care Professionals

Educate pregnant women about pertussis & the importance of Tdap vaccine:

<http://1.usa.gov/1I92LXR> #NIAM16

Educate pregnant women about #flu & the importance of #flu shot:

<http://go.usa.gov/chCqw> #NIAM16

You are your patients' most trusted source of vaccine info. Here's info you can trust when you talk to them: <http://1.usa.gov/1I92LXR> #NIAM16

Pregnant women are more likely to get a #flu shot if recommended by their doc. Help prevent flu in pregnant women: <http://go.usa.gov/cHCqW> #NIAM16

Looking for strategies to discuss vaccines? Here are CDC's tips on creating a successful dialogue: <http://1.usa.gov/1I92LXR> #NIAM16

Need vaccine materials in Spanish? CDC has info about each vaccine-preventable disease and related immunizations: <http://1.usa.gov/1gCYz0L> #NIAM16

Need Tdap vaccine materials in Spanish? CDC has fact sheets, posters, podcasts and more available: <http://1.usa.gov/1EJVR73> #NIAM16

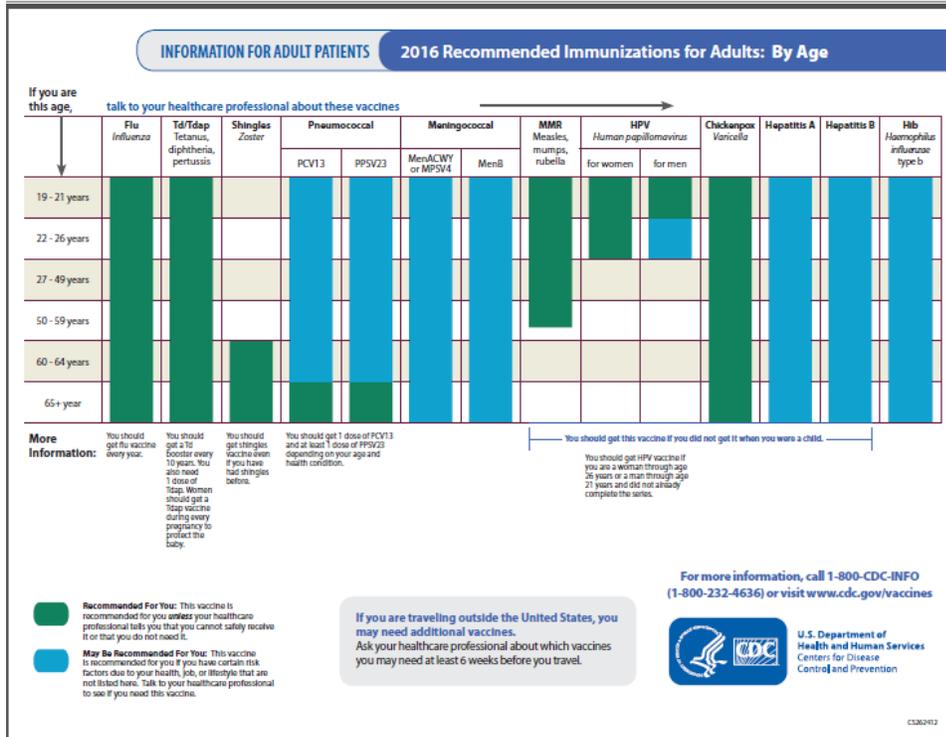
Can't provide Tdap in your office? Here are tips on making a strong 3rd trimester Tdap referral: <http://1.usa.gov/1xdml0S> #NIAM16

Doctors & midwives: your patients trust you! Help prevent pertussis by making strong rec for 3rd trimester Tdap: <http://1.usa.gov/1HRnyi7> #NIAM16

Immunization Schedule

Check the easy-to-read adult immunization schedule for all recommended vaccines:

www.cdc.gov/vaccines/schedules/easy-to-read/adult.html



INFORMATION FOR ADULT PATIENTS

2016 Recommended Immunizations for Adults: By Health Condition

If you have this health condition, talk to your healthcare professional about these vaccines

If you have this health condition,	Flu Influenza	Tdap Tetanus, diphtheria, pertussis	Shingles Zoster	Pneumococcal		Meningococcal		MMR Measles, mumps, rubella	HPV Human papillomavirus		Chickenpox Varicella	Hepatitis A	Hepatitis B	Hib Haemophilus influenzae type b
				PCV13	PPSV23	MenACWY or MPSV4	MenB		for women	for men				
Pregnancy	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Weakened Immune System	Green	Green	Should Not Get Vaccine	Green	Green	Green	Green	Should Not Get Vaccine	Green	Green	Should Not Get Vaccine	Green	Green	Green
HN: CD4 count less than 200	Green	Green	Should Not Get Vaccine	Green	Green	Green	Green	Green	Green	Green	Should Not Get Vaccine	Green	Green	Green
HN: CD4 count 200 or greater	Green	Green	Should Not Get Vaccine	Green	Green	Green	Green	Green	Green	Green	Should Not Get Vaccine	Green	Green	Green
Kidney disease or poor kidney function	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Asplenia (if you do not have a spleen or if it does not work well)	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Heart disease Chronic lung disease Chronic alcoholism	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Diabetes (Type 1 or Type 2)	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Chronic Liver Disease	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green

More information:

- You should get flu vaccine every year.
- You should get a Td booster every 10 years. You also need 1 dose of Tdap vaccine. Women should get Tdap vaccine during every pregnancy.
- You should get shingles vaccine if you are age 60 years or older, even if you have had shingles before.
- You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition.
- You should get this vaccine if you did not get it when you were a child.
- You should get HPV vaccine if you are a woman through age 26 years or a man through age 21 years and did not already complete the series.
- You should get Hib vaccine if you do not have a spleen, have sickle cell disease, or received a bone marrow transplant.

For more information, call 1-800-CDC-INFO (1-800-232-4636) or visit www.cdc.gov/vaccines

Recommended For You: This vaccine is recommended for you unless your healthcare professional tells you that you cannot safely receive it or that you do not need it.
 May Be Recommended For You: This vaccine is recommended for you if you have certain other risk factors due to your age, health, job, or lifestyle that are not listed here. Talk to your healthcare professional to see if you need this vaccine.
 YOU SHOULD NOT GET THIS VACCINE



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Check the childhood immunization schedule for all recommended vaccines: www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf

Missed a shot? Check CDC’s childhood vaccine catch-up scheduler – for parents, caregivers and healthcare professionals: www.vacscheduler.org/

Web Links & Resources

For Pregnant Women

CDC: Vaccines and Pregnancy – flyers, guidance, recommendations, videos
www.cdc.gov/vaccines/adults/rec-vac/pregnant.html

CDC: Pregnancy and Whooping cough – flyers, guidance, recommendations
www.cdc.gov/pertussis/pregnant/

CDC: Pregnant Women & Influenza (Flu) – guidance, recommendation, infographic, fact sheets
www.cdc.gov/flu/protect/vaccine/pregnant.htm

CDC: Vaccines Help Protect Travelers of All Ages
www.cdc.gov/Features/TravelProtection/

World Health Organization: What are some of the myths – and facts – about vaccination?
www.who.int/features/qa/84/en/

Children’s Hospital of Philadelphia (CHOP): Vaccine Education Center
www.chop.edu/service/vaccine-education-center/home.html

American Academy of Pediatrics
www2.aap.org/immunization/index.html

Spanish Language Resources

CDC: Spanish Language Immunization Website
www.cdc.gov/spanish/inmunizacion/index.html

CDC: Spanish Language Pregnancy & Whooping Cough – guidance, recommendations, infographic, podcasts
www.cdc.gov/spanish/especialesCDC/tdap

CDC: Pregnant Women & Influenza (Flu) – guidance, recommendation, infographic, fact sheets
<http://espanol.cdc.gov/enes/flu/protect/vaccine/pregnant.htm>

For Advocates and Educators

ShotbyShot.org: Stories of Vaccine Preventable Diseases

www.shotbyshot.org

For Health Care Professionals

CDC: Vaccines and Immunizations

www.cdc.gov/vaccines/hcp.htm

CDC: Vaccine Education Resources for Pregnant Women

www.cdc.gov/flu/pdf/freeresources/pregnant/pregnant-women-sell-sheet.pdf

CDC: Guidelines for Vaccinating Pregnant Women

www.cdc.gov/vaccines/pubs/preg-guide.htm

ACOG: Immunization Toolkit

immunizationforwomen.org

Pregnancy & Flu

CDC: Materials for Pregnant Women

Infographic

<http://www.cdc.gov/flu/pdf/partners/flu-pregnancy-infographic.pdf>



Fact Sheet

http://www.cdc.gov/flu/pdf/freeresources/pregnant/flushot_pregnant_factsheet.pdf

Print Materials

<http://www.cdc.gov/flu/freeresources/print-pregnant.htm>

Visit CDC's flu website for additional disease and vaccination information: www.cdc.gov/flu

Pregnancy & Whooping Cough

CDC: Materials for Pregnant Women

www.cdc.gov/pertussis/materials/pregnant.html



- Posters
- Fact Sheet
- Public Service Announcement & Podcasts
- Videos
- Web Features
- Infographic
- Health E-Cards

Whooping cough can make your baby very sick with coughing fits and gasping for air. It can even be deadly, and there are outbreaks happening across the United States. When you get the whooping cough vaccine (also called Tdap) during the third trimester of your pregnancy, you'll pass antibodies to your baby that will help protect her from the disease from the time she's born. These antibodies will last for the first few months of her life, when she is most vulnerable to serious disease and complications.

Talk to your doctor or midwife about the whooping cough vaccine.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Born with protection against whooping cough.
www.cdc.gov/whoopingcough



American Academy of Pediatrics
Member since 1948



American College of Obstetricians and Gynecologists
Member since 1952



American Society of Human Genetics
Member since 1968

Visit CDC's pregnancy and whooping cough website for additional disease and vaccination information: <http://www.cdc.gov/pertussis/pregnant>.

CDC: Spanish Materials for Pregnant Women

www.cdc.gov/pertussis/materials/spanish.html



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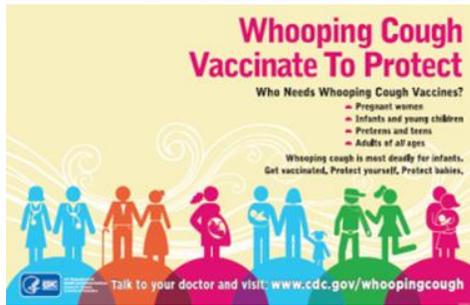
CDC: Materials for Healthcare Professionals

www.cdc.gov/pertussis/materials/hcp.html

- Continuing Education
- Recommendation Fact Sheets
- Provide the Best Prenatal Care to Prevent Pertussis
- Making a Strong Vaccine Referral to Pregnant Women
- Vaccine Information Statements
- Specimen Collection
- Pertussis Sounds
- Videos

CDC: Materials for Everyone

www.cdc.gov/pertussis/materials/everyone.html



- Fact Sheet
- Flyer
- Matte Releases
- Personal Story
- Podcast
- Poster
- Whooping Cough Sounds

Visit CDC's website for additional disease and vaccination information:

www.cdc.gov/pertussis/pregnant/