



Immunizing your baby is one of the most important things you can do to protect their health.

## YOUR BABY'S FIRST IMMUNIZATIONS

Your baby should get their first set of immunizations at 2 months of age.

Immunizations protect your baby against many diseases that can be very serious and even deadly. For best protection, it's important that your baby gets immunized on time and follows the recommended schedule.

Your baby can get immunized at your local health unit, community health centre, or nursing station. Some family doctors also give vaccines. It's best to book your baby's appointment early as clinics can fill up quickly.

You can find B.C.'s immunization schedule and more information at [www.immunizebc.ca](http://www.immunizebc.ca).



**Protect yourself and your baby. Make sure you have all the vaccines you need!**

## QUESTIONS?

Visit [www.immunizebc.ca](http://www.immunizebc.ca)

Call HealthLinkBC at 8-1-1

Speak to your health care provider

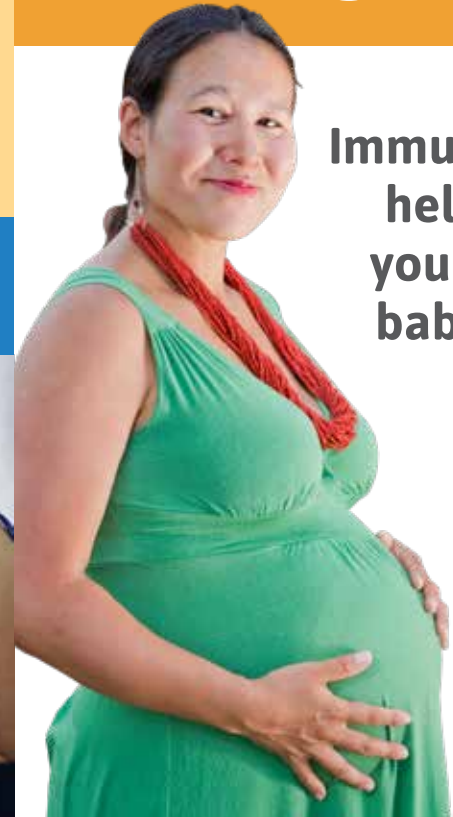
Contact your health unit, community health centre, or nursing station



Find an immunization clinic:  
[www.immunizebc.ca/finder](http://www.immunizebc.ca/finder)



# Immunization & Pregnancy



**Immunizations help protect you and your baby against serious diseases.**

Learn about:

- Immunizations before, during, and after pregnancy
- Your baby's first immunizations



Find your immunization record at [healthgateway.gov.bc.ca](http://healthgateway.gov.bc.ca).



ImmunizeBC

## BEFORE YOU BECOME PREGNANT

It's best to make sure all of your routine immunizations are up to date before becoming pregnant. This will help protect you and your baby from many serious vaccine-preventable diseases.

It's also a good idea to make sure that all members of your household are up to date on their immunizations. This will lower the chance of household members getting a vaccine-preventable disease and passing it to you or your baby.

## WHILE YOU ARE PREGNANT

It is recommended that pregnant people get vaccinated against:

- Pertussis (whooping cough) in every pregnancy
- Influenza (flu) if you are pregnant during influenza season
- COVID-19 if you are not up to date

Other vaccines may be recommended if you are travelling or at risk for certain diseases.

### Pertussis (whooping cough) vaccine

Getting a pertussis vaccine in every pregnancy will help protect your baby after birth. The pertussis vaccine is given as the Tdap vaccine and protects against tetanus, diphtheria, and pertussis.

Pertussis can be very dangerous for babies. It can make it hard for babies to breathe and can be deadly. When you get the pertussis vaccine during pregnancy, you will pass protective antibodies (proteins made by the body to help fight off disease) to your baby before they are born. These antibodies will help protect your baby from pertussis right after birth and until your baby is old enough to get immunized.

The best time to get the pertussis vaccine is between 27 and 32 weeks of pregnancy. Talk to your health care provider about timing.

## WHILE YOU ARE PREGNANT cont...

### Influenza (flu) vaccine

Getting the influenza vaccine during influenza season will help protect you and your baby.

Influenza can be very serious for pregnant people. Pregnancy-related changes in your body, such as changes in your immune system, increase your risk of having severe influenza and being hospitalized. Influenza can also be harmful to your baby.

When you get the influenza vaccine during pregnancy, you pass antibodies to your baby that can help protect them for several months after birth. This is important because babies can get really sick from influenza but can't get the vaccine until they are six months old.

Influenza vaccines are usually available in October. For best protection, you should get immunized as soon as possible. Pregnant people should get the inactivated influenza vaccine given by injection.

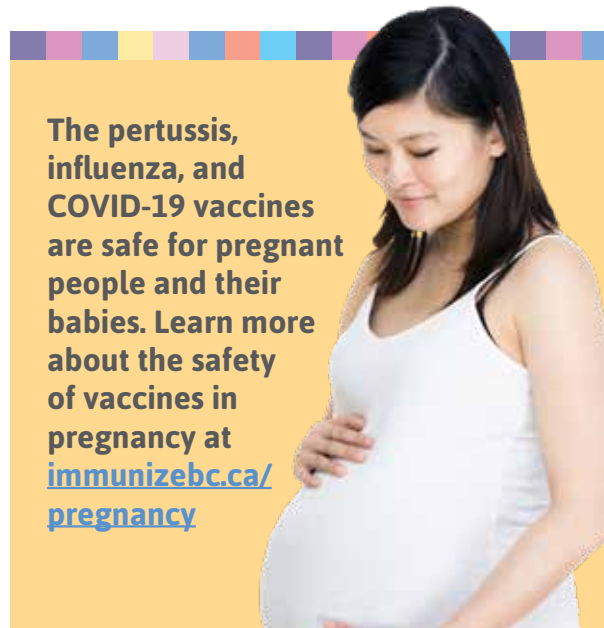
### COVID-19 Vaccination

If you are pregnant and not up to date on your COVID-19 vaccine, you should get vaccinated. Getting the COVID-19 vaccine helps protect you and your baby.

Pregnant people are at increased risk of serious illness and complications from COVID-19 infection. Vaccination can drastically reduce this risk. Pregnant people who have been vaccinated against COVID-19 are much less likely to end up in the hospital or ICU, have a premature birth, or have their baby admitted to the NICU for COVID-19 compared to those who don't get vaccinated.\*

Studies have shown that pregnant people who get a COVID-19 vaccine receive the same levels of protection that non-pregnant people do and that this protection can be passed on to your baby.

\* Data based on people who have had two or more COVID-19 vaccines.



## AFTER THE BIRTH OF YOUR BABY

If you missed any immunizations before or during your pregnancy, it's important that you get them right after your baby is born. This will ensure you are protected and will lower the chance of you getting a vaccine-preventable disease and passing it to your baby. In general, it's safe to get routine immunizations right after birth, even if you are breastfeeding.

