

## 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\*. Some family doctors and nurse practitioners also immunize babies. It's best to book your baby's appointment early as clinics 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 local health unit\***



Health Unit Finder:  
[www.immunizebc.ca/finder](http://www.immunizebc.ca/finder)



\*Health units are called public health units, community health centres, or primary care homes in some areas of B.C.



A free immunization tracking app. To learn more and download, visit [www.canimmunize.ca](http://www.canimmunize.ca).

# 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



ImmunizeBC

## BEFORE YOU BECOME PREGNANT

Make sure all your immunizations are up to date before you become pregnant. This will help protect you and your baby from many serious vaccine-preventable diseases, like rubella. Rubella can be very dangerous while you are pregnant and can cause miscarriage and serious birth defects. The best protection against rubella is the measles, mumps, rubella (MMR) vaccine, but you need to get this vaccine before you become pregnant.

It's also a good idea to make sure that all members of your household have up-to-date 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

During pregnancy, it is recommended that you get the **pertussis (whooping cough) vaccine** and the **influenza (flu) vaccine**. Other vaccines may be recommended if you are travelling or if you are at risk for certain diseases.

### Pertussis (whooping cough) vaccine

Getting a pertussis vaccine (also called Tdap) in every pregnancy will help to protect your baby after birth.

Pertussis can be very dangerous for babies. It can cause babies to stop breathing 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 women. Normal changes that happen in your body during pregnancy, like changes in your immune system, make you more likely to get really sick from influenza and to be hospitalized. Influenza can also be harmful to your baby.

When you get the influenza vaccine during pregnancy, you can pass protective antibodies to your baby that can help protect your baby 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.

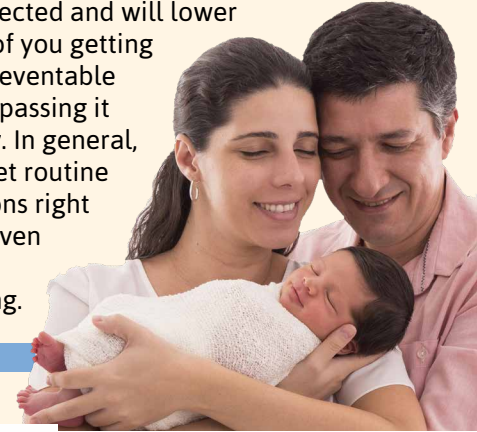
Influenza vaccines are usually available in October. For best protection, you should get immunized as soon as possible.

**The pertussis and influenza vaccines are safe for you and your baby. Pregnant women should get the influenza vaccine given by injection.**



## 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.



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

To find out where you can get immunized, talk to your health care provider or visit [www.immunizebc.ca/pregnancy](http://www.immunizebc.ca/pregnancy).

