

YOUR BABY'S FIRST IMMUNIZATIONS

It is recommended that your baby gets immunized starting 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 ImmunizeBC.ca.



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

QUESTIONS?

Visit: ImmunizeBC.ca

Call HealthLinkBC at 8-1-1

Speak to your health care provider

Contact your local health unit*



Health Unit Finder:
immunizebc.ca/finder

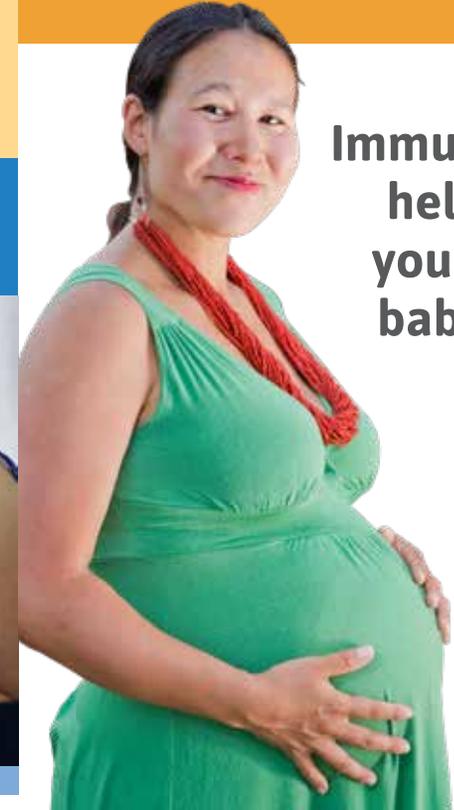


*Health units are called public health units, community health centres or primary care homes in some areas of B.C.



A free immunization tracking app. To learn more and download, visit www.canimmunize.ca

Immunization & Pregnancy



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

Learn about immunization:

- Before you become pregnant
- While you are pregnant
- After the birth of your baby
- Your baby's first immunizations



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 everyone in your household is up-to-date with 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

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 for 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.

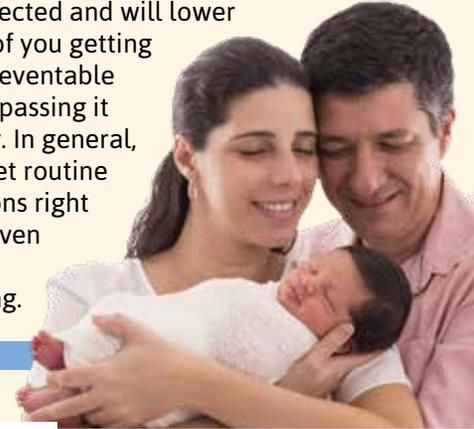
The pertussis and influenza vaccines are safe for you and your baby.

Pregnant women are recommended get the influenza vaccine by injection not nasal spray.



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 [ImmunizeBC.ca/pregnancy](https://www.immunizebc.ca/pregnancy).

