

# Protect Your Baby From the Flu: Get Vaccinated!

## Vaccinated Mothers Pass on Protection to Unborn Infants

- The protection you get from vaccines is passed on to your baby during pregnancy and helps protect your baby up to six months after birth
- In one study, infants of mothers vaccinated against the flu were 45-48% less likely to have flu hospitalizations than infants of unvaccinated mothers

## Flu is a Serious Disease for Infants and Mothers

- Changes in immune, heart, and lung functions during pregnancy make you more likely to get seriously ill from the flu, even if you are healthy
- Pregnant women are at higher risk of hospitalization and death from the flu
- Pregnant women who get the flu are at increased risk for premature labor and delivery

## Surround Your Baby with Vaccinated People

- Infants cannot get flu vaccine until they are 6 months old
- The best way to protect infants from the flu is to vaccinate those around them, including parents, siblings, grandparents, day and child care workers, and health care personnel
- Make sure all loved ones are vaccinated before your baby is born

## Vaccines During Pregnancy are Safe and Effective

- Flu vaccine is the single best way to prevent the flu
- Flu shots trigger your body to naturally build immunity to flu viruses
- You can get a flu shot during any stage of pregnancy and while breastfeeding
- Flu shots are safe and effective and have been given to millions of people, including pregnant women for decades

## Talk to your Health Care Provider

- Ask your doctor about the flu shot and other vaccines you need to stay healthy during pregnancy, like whooping cough (Tdap) vaccine
- Get yourself and your family members vaccinated to protect your baby from the flu and other diseases

## Where to go for More Information

- [www.michigan.gov/flu](http://www.michigan.gov/flu)
- [www.cdc.gov/flu](http://www.cdc.gov/flu)
- [www.familiesfightingflu.org](http://www.familiesfightingflu.org)

