

# Protecting Your Baby & Yourself Through Vaccination

## *Reliable Resources for Expectant Moms*

Becoming a parent can feel overwhelming with so many new things to learn. When it comes to immunizations, it is important to know where you can find accurate and reliable information. The resources listed below are trusted resources that you can use to find answers to your vaccine-related questions.

### Websites

- **Centers for Disease Control & Prevention (CDC)**  
[www.cdc.gov/vaccines/parents/index.html](http://www.cdc.gov/vaccines/parents/index.html)  
[www.cdc.gov/vaccines/pregnancy/index.html](http://www.cdc.gov/vaccines/pregnancy/index.html)
- **New Jersey Department of Health (NJDOH) Vaccine Preventable Disease Program**  
<http://nj.gov/health/cd/vpdp.shtml>
- **New Jersey Immunization Network (NJIN)**  
<http://immunizenj.org/>
- **New Jersey Parent Link**  
[www.njparentlink.nj.gov/njparentlink/health/before/](http://www.njparentlink.nj.gov/njparentlink/health/before/)
- **American Academy of Pediatrics (AAP) Healthy Children\***  
[www.healthychildren.org](http://www.healthychildren.org)
- **American Congress of Obstetricians and Gynecologists\***  
[www.acog.org/Patients](http://www.acog.org/Patients)
- **Children's Hospital of Philadelphia—Vaccine Education Center\***  
[www.vaccine.chop.edu](http://www.vaccine.chop.edu)
- **Every Child by Two (ECBT)\***  
[www.vaccinateyourfamily.org](http://www.vaccinateyourfamily.org)
- **Immunization Action Coalition (IAC)\***  
[www.vaccineinformation.org](http://www.vaccineinformation.org)

### Social Media & Mobile Apps

- **Centers for Disease Control & Prevention (CDC)**  
Facebook: [@CDC](https://www.facebook.com/CDC)  
Twitter: [@CDCGov](https://twitter.com/CDCGov)
- **New Jersey Department of Health (NJDOH)**  
Facebook: [@NJDeptofHealth](https://www.facebook.com/NJDeptofHealth)  
Twitter: [@NJDeptofHealth](https://twitter.com/NJDeptofHealth)  
Instagram: [@NJDeptofHealth](https://www.instagram.com/NJDeptofHealth)
- **Immunization Mobile Apps\***  
[www.immunize.org/resources/apps.asp](http://www.immunize.org/resources/apps.asp)

### Telephone Contacts

- **CDC-INFO Contact Center**—English and Spanish  
(800) CDC-INFO or (800) 232-4636
- **NJDOH Vaccine Preventable Disease Program**  
(609) 826-4861

### Where to Receive Vaccines

- **Your Healthcare Provider**
- **Local Health Departments**  
<http://localhealth.nj.gov>
- **Federally Qualified Health Centers**  
<http://nj.gov/health/fhs/primarycare/fqhc/>



Families who need help paying for their child's vaccines should ask their healthcare provider about the Vaccines for Children (VFC) Program. For more information, visit [www.cdc.gov/vaccines/programs/vfc/parents/qa-flyer.pdf](http://www.cdc.gov/vaccines/programs/vfc/parents/qa-flyer.pdf)

\*The links to these websites are intended to provide additional information strictly for informational purposes. The New Jersey Department of Health is not responsible for the content of these sites and does not endorse private organizations.



# Protecting Your Baby & Yourself Through Vaccination

## *Immunizations for Infants and Expectant Moms*

Whether you are thinking about becoming pregnant with your first child, or planning on having another child, it is important to make sure that you and your baby are up-to-date on all of your vaccinations.

### DURING PREGNANCY

Speak with your provider for more details about getting a dose of Tdap and a flu shot with each pregnancy. These vaccinations can provide protection to your baby until they are old enough to get their own shots.

### AFTER PREGNANCY

**For moms:** If you missed any shots before or during your pregnancy, you can catch up after your baby is born. It is safe to receive vaccines right after giving birth, even while breastfeeding.

**For your newborn:** Your baby will need vaccines starting on the day of birth. View the childhood vaccination schedule below, or at: [www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf](http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf).

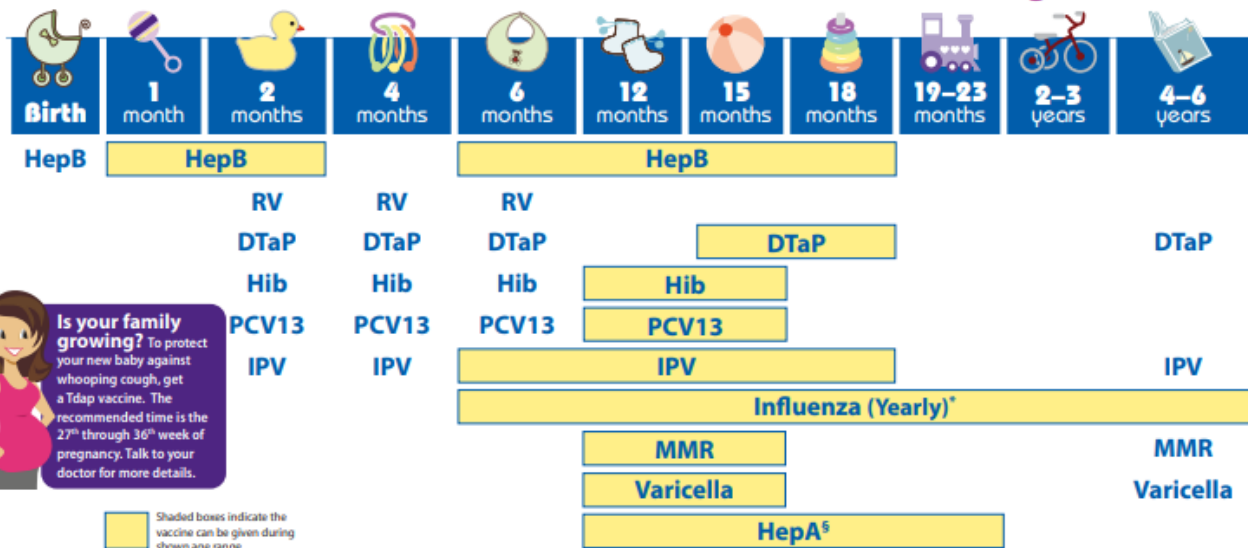
### Family members!

You can provide additional protection to newborn babies by making sure you are up-to-date with your vaccines.

**Take this quiz to find out which vaccines you may need:**

[www2.cdc.gov/nip/adultImmSched/default.asp](http://www2.cdc.gov/nip/adultImmSched/default.asp)

### 2020 Recommended Immunizations for Children from Birth Through 6 Years Old



**Is your family growing?** To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27<sup>th</sup> through 36<sup>th</sup> week of pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

#### NOTE:

If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

#### FOOTNOTES:

- \* Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
  - § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.
- If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.



For more information, call toll-free  
**1-800-CDC-INFO** (1-800-232-4636)  
or visit  
[www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)



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