



2019 California WIC Association Conference April 29, 2019

Vaccinations for Mothers and Infants : Weaving a Safety Net

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Disclosures

- No financial disclosures to report
- We are fully vaccinated



Many thanks to Dr. Elizabeth Rosenblum for inspiring this talk and providing some of the slides.

* National Infant Immunization Week *

- April 27-May 4, 2019
- Annual observance to highlight the importance of protecting infants



National Infant Immunization Week

IMMUNIZATION.

POWER TO PROTECT.



Objectives

- Overview of vaccine recommendations
- Community immunity (safety net part 1)
- The importance of vaccinating pregnant women
- Your role (safety net part 2)
- Communication tips
- Practice
- Resources



10 Greatest Public Health Achievements *in the 20th Century*

1. IMMUNIZATIONS



2. MOTOR VEHICLE SAFETY



3. WORKPLACE SAFETY



4. INFECTIOUS DZ. CONTROL



5. DECLINES IN DEATHS: Heart Dz. and Stroke



6. SAFER & HEALTHIER FOOD



7. HEALTHIER MOMS & BABIES



8. FAMILY PLANNING



9. WATER FLUORIDATION



10. TOBACCO CONTROL



Vaccine-Preventable Diseases (VPDs)

- Pertussis (whooping cough)
- Influenza (flu)
- Measles
- Mumps
- Rubella
- Hepatitis A and B
- Hib
- Tetanus
- Diphtheria
- Meningococcal meningitis
- Rotavirus
- Varicella (Chicken pox)
- Polio
- HPV infection (--> cancers)



Can you identify these ?

1



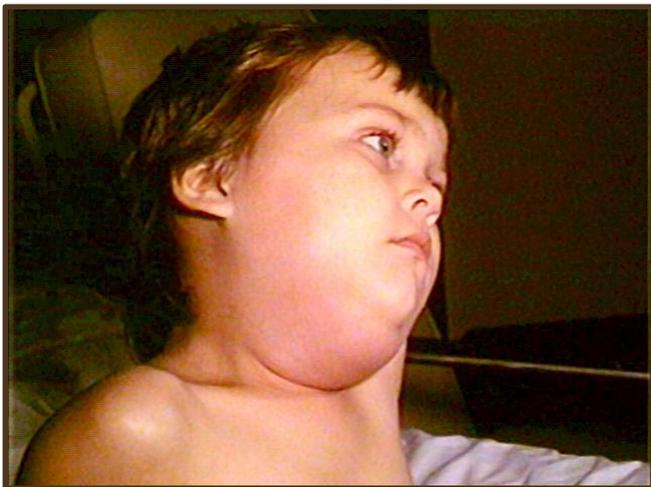
2



3



4



VPDs in the News



Soaring US measles cases near 700, set record

Jim Wappes | Editorial Director | CIDRAP News | Apr 25, 2019

A significant factor in 2 New York outbreaks is misinformation about vaccine safety, the CDC says.

REPLAY FOX 5 NEWS AT 11 PM FOX 5 TV SCHEDULE SEARCH CONTACT US

FOX 5 NEWS SEEN ON FOX 5 CONTESTS BE OUR GUEST ENTERTAINMENT SPORTS WEATHER 67°

Two unvaccinated pregnant women hospitalized with flu complications

POSTED 7:42 AM, DECEMBER 19, 2018, BY CITY NEWS SERVICE

FACEBOOK TWITTER REDDIT PINTEREST LINKEDIN EMAIL

SAN DIEGO – Two pregnant women in San Diego County have been hospitalized due to flu complications, the county's Health and Human Services Agency announced Wednesday.

A 40-year-old woman spent 16 days in the intensive care unit and a 30-year-old woman spent nine days in the ICU. Both women were unvaccinated, in their third trimesters and contracted influenza A. According to the Centers for Disease Control and Prevention, pregnant women have some of the highest risk of developing flu complications if they

CALIFORNIA LOCAL

Infant dies of whooping cough in San Bernardino County

Idyllwild Town Crier

Vacation Rentals

TEMECULA IDYLLWILD LAKE ARROWHEAD PALM DESERT

4 Home News I-Team Weather Entertainment ...

Local Watch Live Newscast U.S. & World California News Sports Car Chases Business In the Weeds Health Tech

17, 2018 | 6:40 PM

Home > News > Flu activity in California higher than nationwide

Flu activity in California higher than nationwide

By JP Crumrine - March 13, 2019 481 0



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IDYLLWILD MOUNTAIN REALTY

CALIFORNIA LOCAL

Orange County baby dies of whooping cough

By SOUMYA KARLAMANGLA APR 10, 2019 | 3:00 PM



A child receives a whooping cough vaccine booster shot. (Kevin Djansezian / Getty Images)

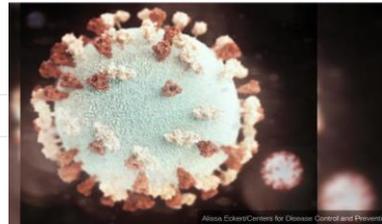
A baby in Orange County has died of whooping cough, marking the first death from the disease this year in the state, California health officials said Thursday.

Whooping cough, also known as pertussis, tends to be most dangerous in babies, killing one out of every 100 infants infected, according to the U.S. Centers for Disease Control and Prevention.

San Diego State University Student Diagnosed With Mumps

San Diego State University sent an email to students Friday warning that a student had been diagnosed with mumps and contagious.

By Monica Garske Published Mar 29, 2019 at 6:12 PM



(of the mumps virus.

San Diego State University has been diagnosed with mumps, prompting the university mumps-wide email alert warning of the case of the contagious disease.



TRENDS

1

2

3

4

CBS NEWS NEWS SHOWS LIVE

Measles outbreak: Los Angeles health officials investigate after 5 cases confirmed

APRIL 23, 2019 | 10:08 PM | CBS NEWS

f t

WEATHER

Measles cases on the rise in U.S.

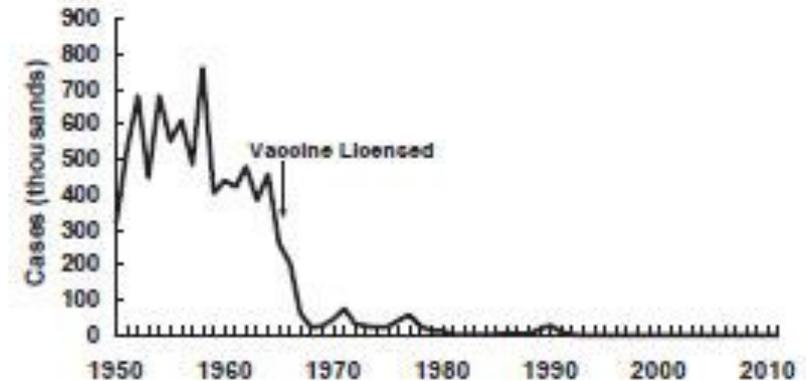
HEALTH WATCH

555 CASES OF MEASLES CONFIRMED THIS YEAR IN U.S. OFFICIALS SAY RECENT OUTBREAKS FUELED BY DISINFORMATION FROM ANTI-VACCINATION MOVEMENT

CBSN

How can we measure success?

- When we see outbreaks, it means there's a hole in the safety net.
- When prevention is successful, it is “hidden” or “invisible.”
- Immunization levels are a good indicator of how we are doing at preventing disease in our community.



IMMUNIZATION RECORD
Comprobante de Inmunización



Nome
nombre _____

Birthdate
fecha de nacimiento _____

Allergies
alergias _____

Vaccine Reactions
reacciones a cualquier vacuna _____

RETAIN THIS DOCUMENT — CONSERVE ESTE DOCUMENTO

Recommended IZ Schedule - 2019

0 through 18 years

Table 1 Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger United States, 2019

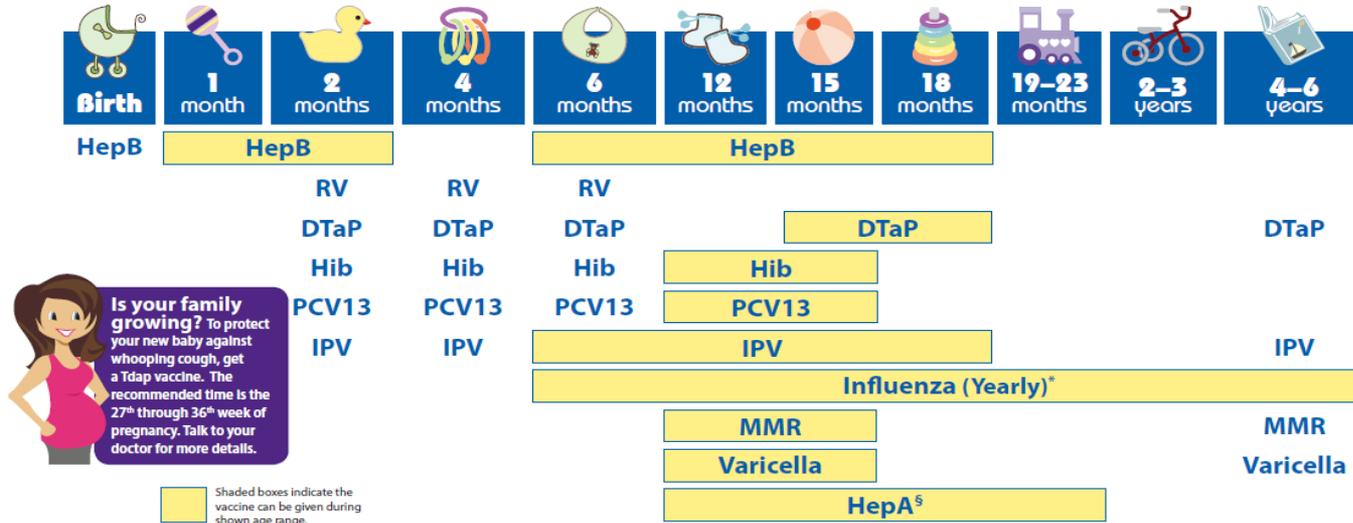
These recommendations must be read with the Notes that follow. For those who fall behind or start late, provide catch-up vaccination at the earliest opportunity as indicated by the green bars in Table 1. To determine minimum intervals between doses, see the catch-up schedule (Table 2). School entry and adolescent vaccine age groups are shaded in gray.

Vaccine	Birth	1 mo	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	19-23 mos	2-3 yrs	4-6 yrs	7-10 yrs	11-12 yrs	13-15 yrs	16 yrs	17-18 yrs
Hepatitis B (HepB)	1 st dose	2 nd dose			← 3 rd dose →												
Rotavirus (RV) RV1 (2-dose series); RV5 (3-dose series)			1 st dose	2 nd dose	See Notes												
Diphtheria, tetanus, & acellular pertussis (DTaP: <7 yrs)			1 st dose	2 nd dose	3 rd dose			← 4 th dose →				5 th dose					
Haemophilus influenzae type b (Hib)			1 st dose	2 nd dose	See Notes		← 3 rd or 4 th dose, See Notes →										
Pneumococcal conjugate (PCV13)			1 st dose	2 nd dose	3 rd dose		← 4 th dose →										
Inactivated poliovirus (IPV: <18 yrs)			1 st dose	2 nd dose	← 3 rd dose →						4 th dose						
Influenza (IIV)					Annual vaccination 1 or 2 doses								Annual vaccination 1 dose only				
OR																	
Influenza (LAIV)												Annual vaccination 1 or 2 doses		Annual vaccination 1 dose only			
OR																	
Measles, mumps, rubella (MMR)					See Notes	← 1 st dose →						2 nd dose					
Varicella (VAR)						← 1 st dose →						2 nd dose					
Hepatitis A (HepA)					See Notes	2-dose series, See Notes											
Meningococcal (MenACWY-D ≥9 mos; MenACWY-CRM ≥2 mos)				See Notes										1 st dose		2 nd dose	
Tetanus, diphtheria, & acellular pertussis (Tdap: ≥7 yrs)																	Tdap
Human papillomavirus (HPV)																	See Notes
Meningococcal B																	See Notes
Pneumococcal polysaccharide (PPSV23)												See Notes					

Range of recommended ages for all children
 Range of recommended ages for catch-up immunization
 Range of recommended ages for certain high-risk groups
 Range of recommended ages for non-high-risk groups that may receive vaccine, subject to individual clinical decision-making
 No recommendation

Recommended 2019 IZ Schedule Parents' Version

2019 Recommended Immunizations for Children from Birth Through 6 Years Old



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 last dose. HepA vaccination may be given to any child 12 months and older to protect against hepatitis A. Children and adolescents who did not receive the HepA vaccine and are at high risk should be vaccinated against hepatitis A.

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



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



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Recommended IZ Schedule - 2019

19 years and older

Table 1 Recommended Adult Immunization Schedule by Age Group
United States, 2019

Vaccine	19–21 years	22–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV) or Influenza recombinant (RIV) or Influenza live attenuated (LAIV)	1 dose annually or 1 dose annually				
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap, then Td booster every 10 yrs				
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)				
Varicella (VAR)	2 doses (if born in 1980 or later)				
Zoster recombinant (RZV) (preferred) or Zoster live (ZVL)				2 doses or 1 dose	
Human papillomavirus (HPV) Female	2 or 3 doses depending on age at initial vaccination				
Human papillomavirus (HPV) Male	2 or 3 doses depending on age at initial vaccination				
Pneumococcal conjugate (PCV13)					1 dose
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses depending on indication				1 dose
Hepatitis A (HepA)	2 or 3 doses depending on vaccine				
Hepatitis B (HepB)	2 or 3 doses depending on vaccine				
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, then booster every 5 yrs if risk remains				
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication				
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication				

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection

Recommended vaccination for adults with an additional risk factor or another indication

No recommendation

Recommended IZ Schedule - 2019

19 years and older – *medical conditions*

Table 2 Recommended Adult Immunization Schedule by Medical Condition and Other Indications
United States, 2019

Vaccine	Pregnancy	Immuno-compromised (excluding HIV infection)	HIV Infection CD4 count		Asplenia, complement deficiencies	End-stage renal disease, on hemodialysis	Heart or lung disease, alcoholism ¹	Chronic liver disease	Diabetes	Health care personnel ²	Men who have sex with men
			<200	≥200							
IIV or RIV or LAIV											1 dose annually
Tdap or Td	1 dose Tdap each pregnancy										1 dose Tdap, then Td booster every 10 yrs
MMR											1 or 2 doses depending on indication
VAR											2 doses
RZV (preferred) or ZVL	DELAY										2 doses at age ≥50 yrs or 1 dose at age ≥60 yrs
HPV Female	DELAY										3 doses through age 26 yrs
HPV Male											3 doses through age 26 yrs
PCV13											1 dose
PPSV23											1, 2, or 3 doses depending on age and indication
HepA											2 or 3 doses depending on vaccine
HepB											2 or 3 doses depending on vaccine
MenACWY											1 or 2 doses depending on indication, then booster every 5 yrs if risk remains
MenB	PRECAUTION										2 or 3 doses depending on vaccine and indication
Hib											3 doses HSCT ³ recipients only

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection
 Recommended vaccination for adults with an additional risk factor or another indication
 Precaution—vaccine might be indicated if benefit of protection outweighs risk of adverse reaction
 Delay vaccination until after pregnancy if vaccine is indicated
 Contraindicated—vaccine should not be administered because of risk for serious adverse reaction
 No recommendation

Community Immunity

A certain level of protection is necessary to protect those who can't be vaccinated.

IT TAKES A COMMUNITY

TO PROVIDE IMMUNITY

Getting vaccinated protects you and others you care about

such as infants, people with cancer, and anyone with a compromised immune system.

VACCINATE  YOUR FAMILY



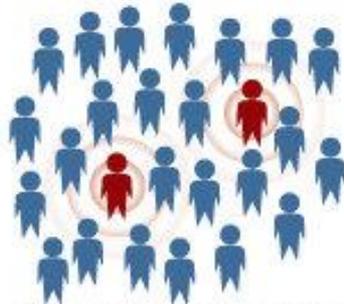
WHY DOES MY CHOICE MATTER TO OTHERS?

It matters because of the concept of "herd immunity." Here's how it works:

 Not immunized but still healthy

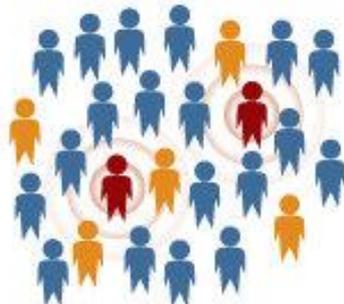
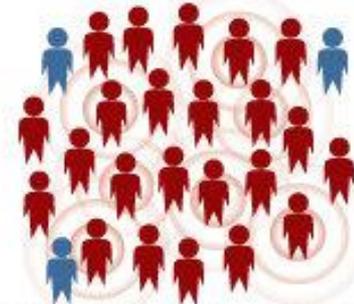
 Immunized and healthy

 Not immunized, sick and contagious



When no one is immunized ...

... disease spreads through the population.



When some of the population is immunized ...

... disease spreads through some of the population.



When most of the population is immunized ...

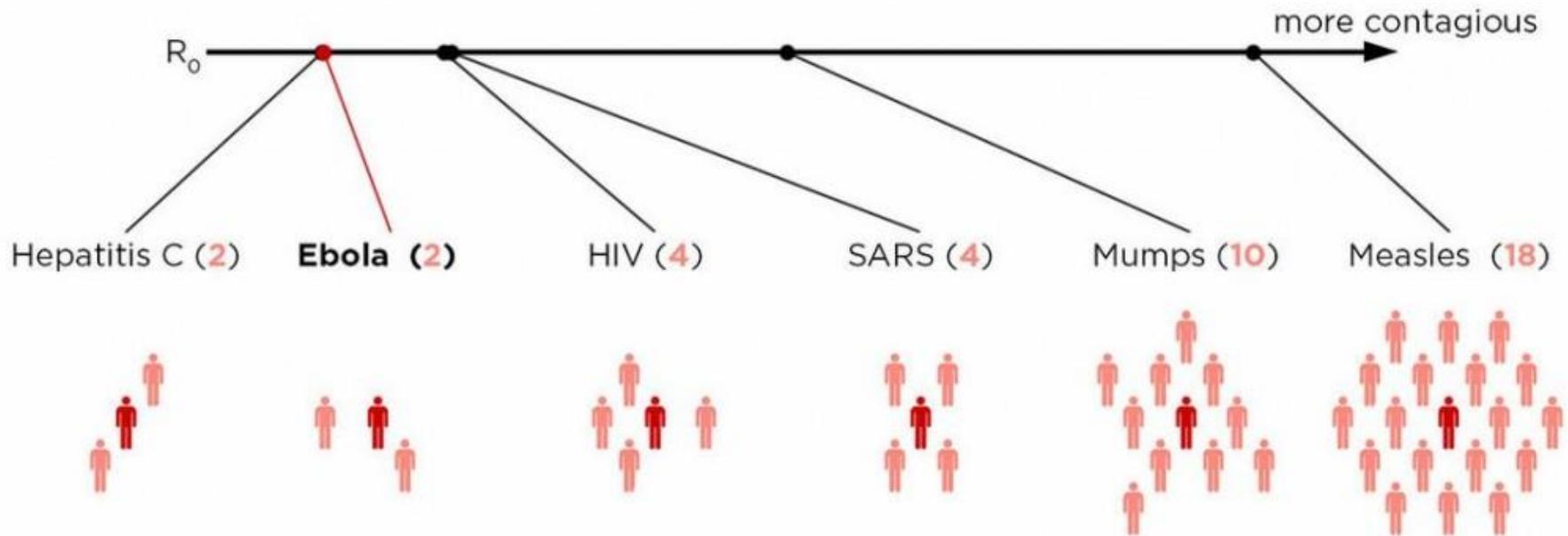
... spread of the disease is constrained.



(MLive.com)

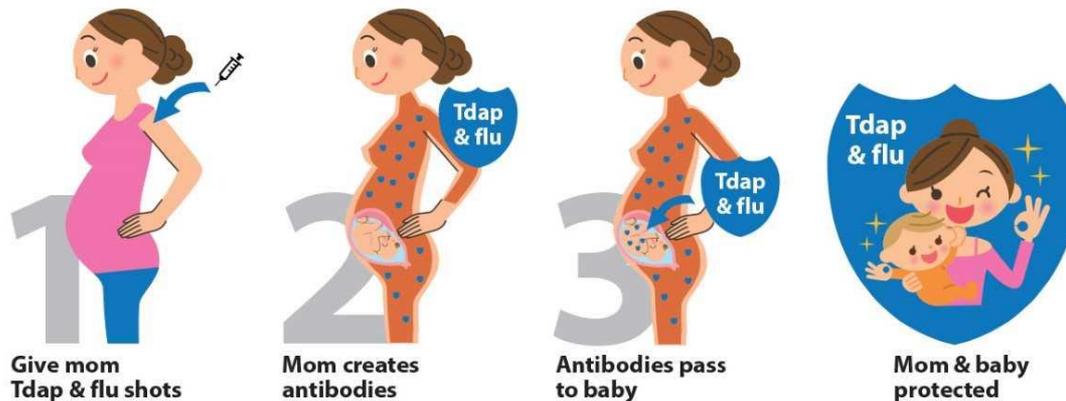
Community Immunity

The number of **people** that **one sick person** will infect (on average) is called R_0 . Here are the maximum R_0 values for a few viruses.



The W in WIC: Women

- Healthy babies start with healthy moms
- Antibodies pass from mom to baby during pregnancy
- Recommendations:
 - Annual flu shot, regardless of trimester
 - Tdap in 3rd trimester, regardless of prior vaccinations



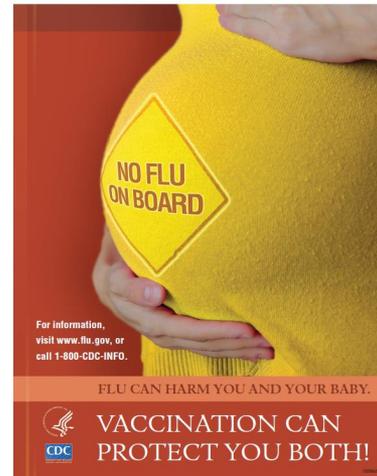
Flu Vaccine Protects Pregnant Women

- Flu vaccine is recommended for everyone 6 months and older
- Can give in any trimester
- Pregnant women are much more vulnerable to serious complications of flu, including pneumonia
- Large scientific studies show it's safe & effective



Flu Vaccine Protects the Baby

- Studies have shown increases in bad outcomes when the woman had flu during pregnancy
 - Preterm birth
 - Low birth weight
 - Fetal death
 - Birth defects
- Babies whose moms receive flu vaccine during pregnancy are 70% less likely to get the flu and be hospitalized in the first 6 months of life



Pertussis = Whooping Cough

- “100 day cough”
- Very infectious
- Paroxysmal cough: gasping, gagging, vomiting
- Rarely causes serious illness in older kids/adults
- Pertussis in babies looks different:
 - Can be fatal
 - Cough may be mild
 - Baby may have apnea
 - Complications can include encephalitis, seizures, pneumonia

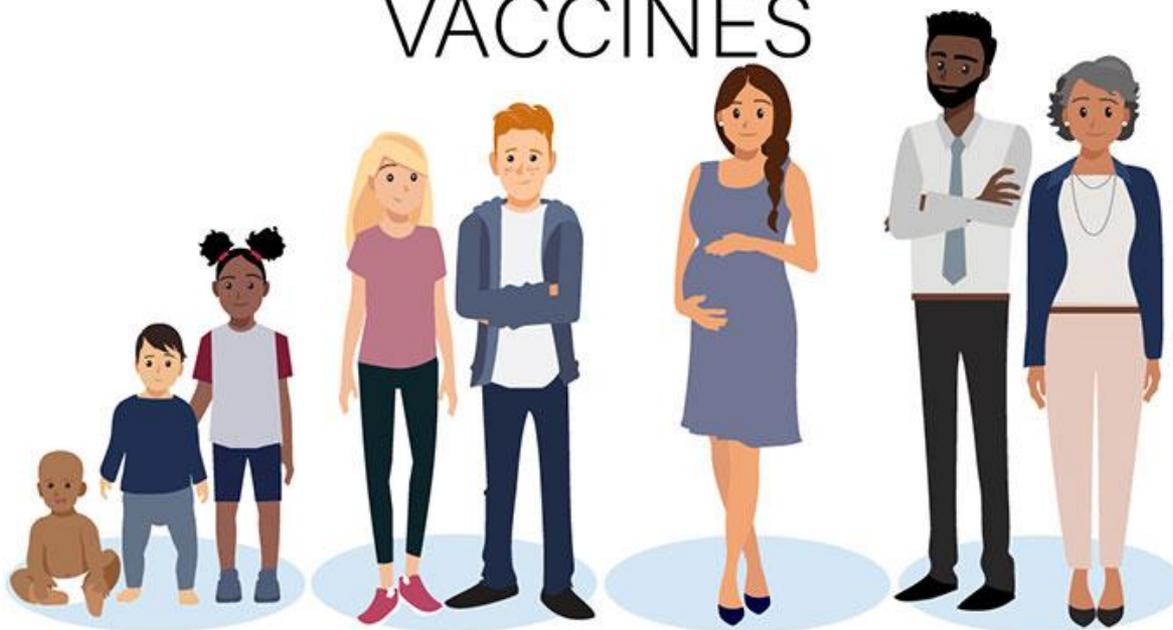


Tdap During Pregnancy Protects the Baby

- Women should receive Tdap between week 27-36 of EACH pregnancy
- Babies whose moms receive Tdap during pregnancy are 90% less likely to get pertussis and 95% less likely to die from pertussis.
- Vaccination during pregnancy is much more effective than postpartum vaccination.
- Large scientific studies show the vaccine is safe.



People of all ages need WHOOPIING COUGH VACCINES

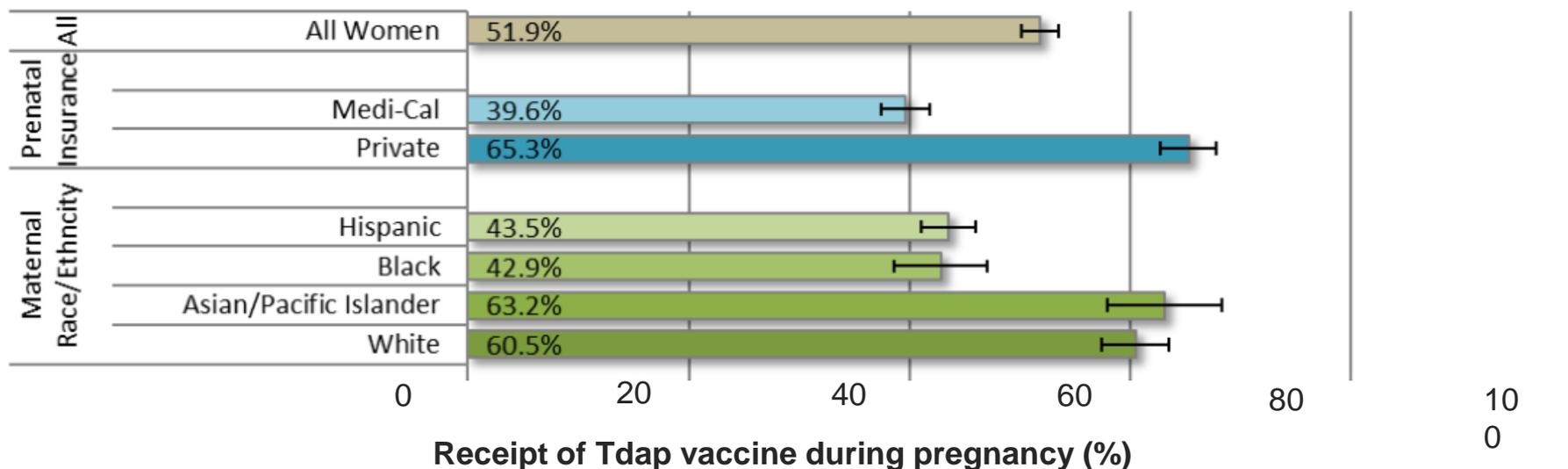


DTaP for young children	Tdap for preteens	Tdap for pregnant women	Tdap for adults
✓ 2, 4, and 6 months ✓ 15 through 18 months ✓ 4 through 6 years	✓ 11 through 12 years	✓ During the 27-36th week of each pregnancy	✓ Anytime for those who have never received it

www.cdc.gov/whoopingcough



Prenatal Tdap Coverage Estimates in California: Maternal and Infant Health Assessment, 2016*



*The Maternal and Infant Health Assessment (MIHA) is an annual population-based survey of postpartum women. Percentages are weighted to represent all women with a live birth in 2016 in California.

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/Immunization/MIHA-FactSheet2016.pdf>

Any
Questions?

Weaving the Safety Net

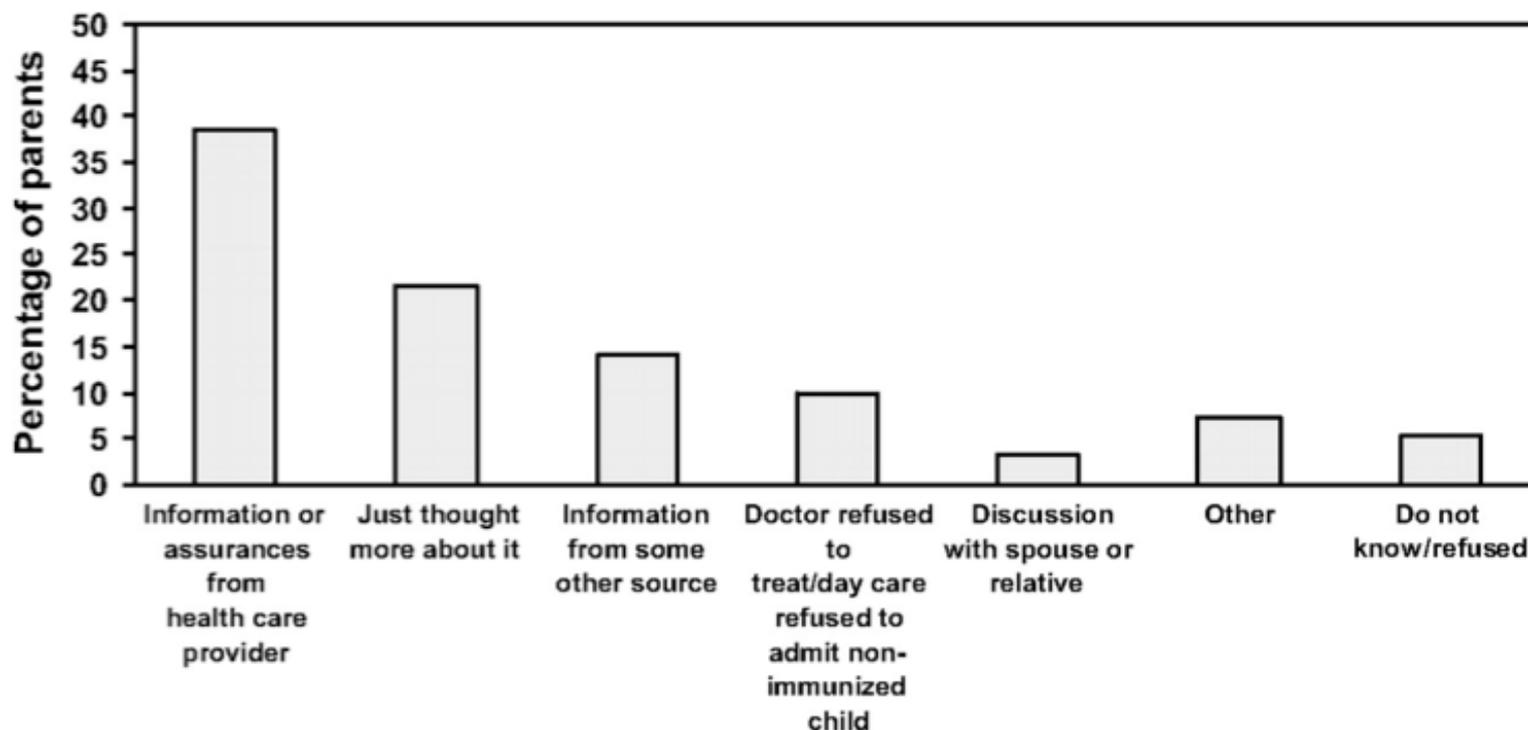
- Who
 - Community Partners
 - Local health department IZ Program
 - Immunization coalitions
- What
 - Clinical resources
 - Educational resources
- Where
 - Vaccines For Children providers
 - Local clinics
- Why
 - Vaccines save lives
 - Prevention saves money and heartbreak
- How
 - Stay up-to-date with current and accurate information
 - Ask for help



Your Job

- Provide a strong recommendation
- Reinforce the message at every visit
- Walk the walk
 - Make sure you're up-to-date
 - Take pride in your health
 - Share your stories and images
- Provide info about where patients can get vaccinated
- Encourage your coworkers to stay up-to-date
 - Group photos
 - Friendly competition with other WIC offices

Main reasons parents who planned to delay or not to get a vaccine for their child changed their minds.



Gust D A et al. Pediatrics 2008;122:718-725

PEDIATRICS[®]

Provide a strong recommendation

I want to make sure we touch base regarding the vaccines you need to keep you and your baby healthy.

Getting vaccinated during pregnancy is the best way to protect you and your baby.

 Prescriber Name, Address, Phone Number:

Patient Name: _____ Date: _____

Vaccines recommended during pregnancy:

Tdap (tetanus, diphtheria, pertussis [whooping cough]) during 3rd trimester
0.5 mL IM x 1

Inactivated influenza
0.5 mL IM x 1

Prescriber's Signature: _____ License #: _____

These vaccines may be available from your primary care physician, local health department, or pharmacy. To find a nearby location, please visit www.vaccine.healthmap.org.

Your baby is counting on you for protection. Get vaccinated. IMM-1143 (7/14)

Reinforce the message

Babies are particularly vulnerable because they haven't built up antibodies against these diseases.

I want you and your baby to be protected and safe.

Provide accurate information

Numerous studies have shown that vaccines are safe for pregnant women and their babies.

If you don't know where to get shots, I can help you...

Vaccines keep children healthy so they can spend more time learning, growing, and playing!



Walk the walk

I'm fully vaccinated.

I want to keep myself, my loved ones, and my clients healthy.



Work as a team

Every year, as soon as everyone gets their flu shot, we have a celebration!

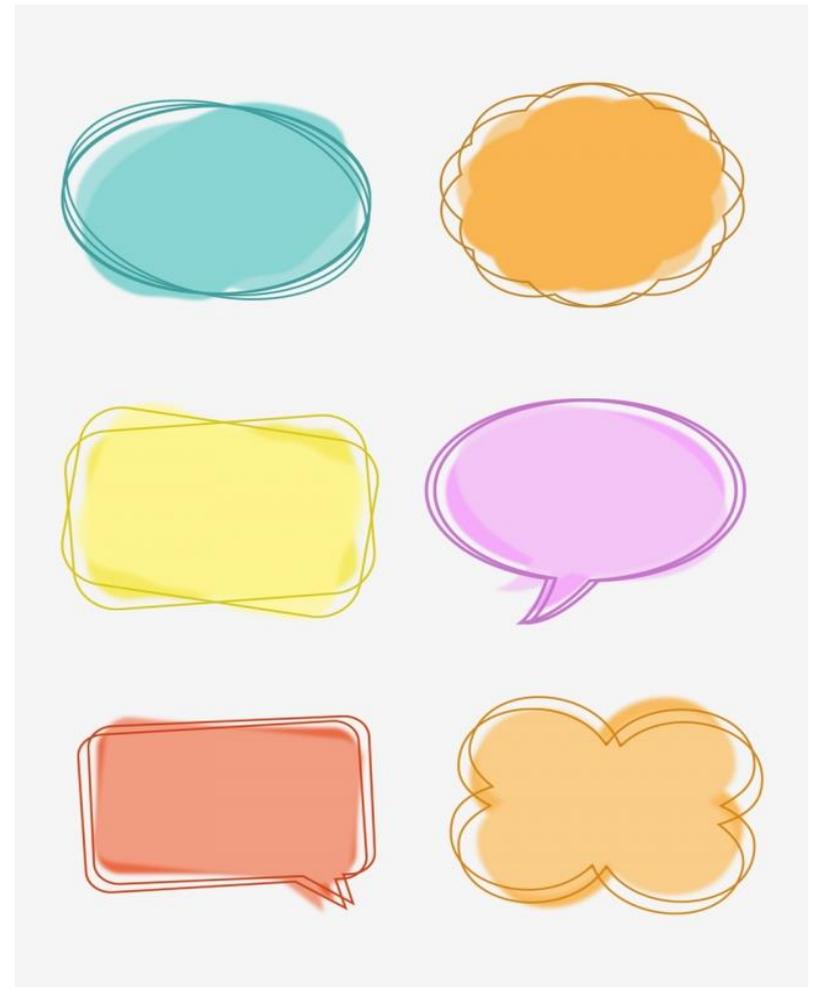
WIC staff are vaccinated so we don't pass along diseases to the moms and children in our program.



It's especially important for us to be up to date on all our shots. People are counting on us!

Communication Tips

- Make it easy to agree
 - Be supportive and encouraging
 - Find common ground
 - Avoid arguments and debates
- Frame vaccines as the norm
 - Be confident and clear
 - “Lila is due for her 4 month shots.”
- Appeal to the parent’s identity
 - “...good parent...”
 - “...want to keep baby healthy”
- Choose positive words
 - “safe”
 - “protection”
 - “healthy”



Less Successful Strategies

- “Myth-busting”
- Scolding
- Arguing
- Scare tactics



Research studies have shown that fear-based messages increase vaccine hesitancy.

If a parent strongly objects to vaccination, share informational resources and refer him or her back to their PCP/Prenatal care provider.

Let's practice!



- Team up
- Take turns
- Sample situations
 - First pregnancy and has lots of general concerns
 - Pregnant client worried that getting a vaccine will harm her baby
 - Believes the flu shot gives you the flu
 - Afraid baby will have an adverse reaction to his two-month shots

Cues:

*Make her
feel
comfortable*

*Vaccines
are the
norm*

*She's a
good parent*

*Use positive
words*

Let's process



Helpful Websites

CDC.gov

- Immunization Schedules
- Training tools and resources

EZIZ.org

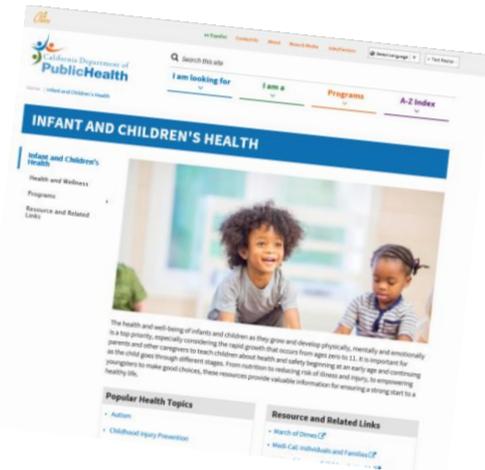
- Vaccines For Children (VFC) guidance
- Disease-specific resources
- Educational and promotional tools

ShotsForSchool.org

- Childcare and school iz info
- Downloadable tools and resources

CDPH

- Info on statewide programs
- Newsworthy health topics



Pertussis Prevention Resources on EZIZ.org

Whooping Cough: What You Need to Know



What Is Whooping Cough?

- Whooping cough (also called pertussis) causes coughing fits that make it hard to breathe.
- It spreads easily when someone with the disease coughs or sneezes.
- It can kill young babies.

Starts Like a Cold. Gets Worse Fast.

Early Symptoms

- Often, symptoms start like a common cold:
- runny nose
- sneezing
- low or no fever
- mild cough

Symptoms After 1-2 Weeks

- Bad coughing attacks may lead to:
- vomiting
- a red or blue face
- broken ribs
- problems breathing
- extreme tiredness
- sweating spells

Babies Are Most at Risk

Infants younger than 6 months old often do not have a typical cough. In the early stages, infants may:

- gasp or gag
- stop breathing
- get very tired
- have seizures

Symptoms can get worse very fast. Often, babies need to go to the hospital for care.

Treat Whooping Cough Early

Call Your Doctor if You or a Family Member:

- Are around someone who has whooping cough or a bad cough.
- Have any symptoms of whooping cough.

Your Doctor May Prescribe an Antibiotic Medicine to:

- Keep you from getting sicker (if taken early).
- Prevent others from getting sick.
- If you have whooping cough:
- Stay home. Avoid contact with others until you have finished treatment.
- If you are caring for an infant, ask a healthy adult to feed, hold, and care for your baby.

Prevention is Key

- DTaP doses are recommended at 2 months, 4 months, 6 months, 15 months, and 4-6 years of age.
- Tdap is recommended for everyone 11 years and older.
- To protect their newborn babies, pregnant women need a Tdap shot during their third trimester of pregnancy, even if they get it before pregnancy.
- Women need a Tdap shot each time they are pregnant.

Talk with your doctor about whooping cough shots for you and your family.



Expecting?

Protect yourself and your baby against flu and whooping cough!

You may not realize it, but changes to your body during pregnancy put you and your baby at risk for serious complications from flu or whooping cough.

Getting flu and whooping cough shots while you are pregnant can help protect you and your baby against these serious diseases. The protection you get from the shots passes to your baby in the womb. This will help protect your baby in early life when she is most vulnerable.

Is flu really dangerous?

Yes. If you get the flu, it is not the same as getting a common cold. You can still get the flu even if you are healthy and active.

Flu can lead to serious complications such as high fever, pneumonia, and even death for both you and your baby. Flu can lead to pre-term birth, low birth weight, and stillbirth of the baby.

How dangerous is whooping cough?

For babies, catching whooping cough can lead to trouble breathing (turning blue or gasping for air), pneumonia, hospitalization, and death.

For adults, coughing fits can last for months and lead to vomiting, trouble sleeping, and even broken ribs. Whooping cough is highly contagious and can easily spread to others, including babies.

How common are these diseases?

Each year, millions of Californians get flu, and hundreds of babies under 6 months of age are hospitalized due to flu. In 2014, over 11,000 people in California became ill with whooping cough, hundreds were hospitalized, and three infants died. In 2010, almost 10,000 Californians caught whooping cough, and 10 infants died. Tragically, more than 7 out of 10 babies hospitalized were younger than 6 months old.

How can I protect my baby and myself?

The American College of Obstetricians and Gynecologists (ACOG), the American Academy of Pediatrics (AAP), and the Centers for Disease Control and Prevention (CDC) recommend that all pregnant women get these life-saving shots.

Flu Shot

By late October (if possible). If you missed it, get it now!

Whooping Cough Shot (Tdap)

As early as possible during your third trimester—27 to 36 weeks of pregnancy—even if you got the shot before becoming pregnant. You will need to get the Tdap shot during every pregnancy.

Whooping Cough Vaccinate To Protect

Who Needs Whooping Cough Vaccines?

- Pregnant women
- Infants and young children
- Preteens and teens
- Adults of all ages

Whooping cough is most deadly for infants. Get vaccinated. Protect yourself. Protect babies.



Talk to your doctor and visit: www.cdc.gov/whoopingcough

Your baby may be at risk for flu and whooping cough



Flu can be dangerous for you and your baby, causing:

- Low birth weight
- Premature birth
- Stillbirth
- Hospitalization
- Death

Whooping cough can also be dangerous for babies, causing:

- Coughing fits
- Gasping for air
- Serious lung infections
- Hospitalization
- Death

If you're pregnant:

- Get flu vaccine as soon as possible and
- Whooping cough (Tdap) vaccine in your third trimester of every pregnancy

The protection you get from these vaccines passes to your baby during pregnancy. Your baby counts on you for protection.

Talk to your doctor for more information



"We were beyond stunned. The disease just moved so fast. Only after Brady was gone was he diagnosed with whooping cough." —Brady's Parents
Read more at www.GhostlyGnet.org/pertussis-brady-story



California Department of Public Health, Immunization Branch
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Pass protection to your baby. Get immunized during pregnancy.

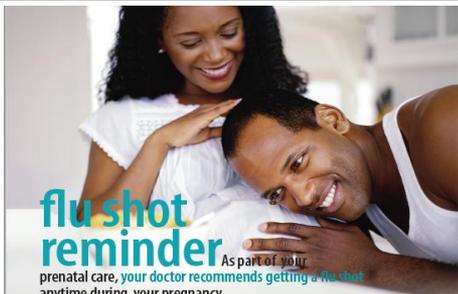
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Stop Whooping Cough. Get Immunized!

>click for more info

Flu Prevention Resources on EZIZ.org



flu shot reminder

As part of your prenatal care, your doctor recommends getting a flu shot anytime during your pregnancy.

- Getting a flu shot is a safe and effective way to prevent getting sick with flu during your pregnancy.
- Millions of pregnant women have safely received flu shots for many years.
- Pregnant women should not get the nasal spray vaccine.
- A flu shot during pregnancy protects both mom and baby for several months after birth from flu.

Doctor's signature or office stamp

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

To learn more, visit www.cdc.gov/flu

CS281628



YO ME VACUNO

protejo a...

Mi Bebé

CDC

- Vacunarse contra la gripe (influenza) es una forma segura de protegerse contra la gripe y de prevenir posibles complicaciones del embarazo asociadas con ella.
- Por muchos años, millones de embarazadas han recibido la vacuna contra la gripe en forma segura.
- Habla con tu médico sobre la vacuna contra la gripe durante el embarazo.

Para más información en español visite: <http://www.cdc.gov/flu>

PROTECT yourself & your growing family

Like most moms-to-be, you want to give your baby a healthy start in life. Shots (also called immunizations) are a safe way to protect you and your baby from some harmful diseases.

Where can I get immunized?

I have a doctor.

- Call your doctor and ask.
- Do you offer flu and Tdap shots?
- How soon can you see me?

My doctor does NOT have the shots I need or can't see me soon enough.

Call the pharmacy where you usually pick up your prescriptions and ask.

- Do you offer flu and Tdap shots?
- Does my insurance cover these shots at your pharmacy? *(Note: If you have Medi-Cal, shots should be covered at this pharmacy.)*
- What are your immunization clinic hours?

The pharmacy I usually go to for prescriptions does not offer the shots I need, or my insurance does not cover them there.

Call your health plan's member services. *(This number is usually on the back of your insurance card.)* Ask.

- What nearby pharmacies do you cover?

Call the nearby pharmacies and ask.

- Do you offer flu and Tdap shots?
- What are your immunization clinic hours?

Vaccines.gov
ImmunizationForWomen.org
(800) CDC-INFO/(800) 232-4636

CDC California Department of Public Health
Immunization Branch
Golden Gate Park and Recreation Center
The population is responsible for Case Manager
Linda L. Taylor, MD and Rosemary O'Neil
1000-001-0116

IMMUNIZATIONS for a Healthy Pregnancy



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pregnant women

are at **risk** for serious complications from flu

- Severe illness
- Hospitalization
- Pneumonia
- Preterm and emergency cesarean delivery
- Death

Ask your doctor about the flu vaccine today!

Vaccination can protect both pregnant mothers and their babies from flu and flu-related complications.

LEARN MORE AT: <http://www.flu.gov> or 1-800-CDC-INFO

THE FLU BIDS WITH **CDC**



For information, visit www.flu.gov, or call 1-800-CDC-INFO.

FLU CAN HARM YOU AND YOUR BABY.

VACCINATION CAN PROTECT YOU BOTH!

CDC California Department of Public Health

New WIC-specific resources!



Video presentation for WIC Staff by Dr. Elizabeth Rosenblum

Elizabeth Rosenblum, MD, focuses primarily on the care of pregnant women and of newborns, children and adolescents. Her video empowers WIC staff on how to speak about the benefits of prenatal immunizations with WIC participants.

View on YouTube:

https://www.youtube.com/watch?v=3ZNlf_tPzd8

To download file:

<https://www.dropbox.com/s/t7xsykb8du6xl08/Pregnancy%20and%20Vaccinations%20Weaving%20a%20Safety%20Net%20%28download%29.mp4?dl=1>



I'm Pregnant Magazine
now features prenatal
immunization information



