

# Care Van<sup>®</sup> Maternal Immunization Initiative

Information brought to you by The Caring Foundation of Texas<sup>SM</sup>

*Pregnancy is a time of preparation and learning how you will care for your newborn after birth. Did you know you can pass protection on to your baby now by getting your vaccines?* Two vaccines you should get during your pregnancy are for the flu (influenza) and whooping cough (known as pertussis). Getting these vaccines during each pregnancy will provide early protection to you and your baby.



**Whooping Cough Vaccine** – Whooping cough is a disease that has serious repercussions to both adults and babies. In the United States about 20 babies die each year from whooping cough complications. Caregivers need to be aware that babies may not cough if they have whooping cough, but will stop breathing and turn blue. **It is important to get the whooping cough vaccine when you are pregnant because the protective antibodies from the mom will transfer to the baby's body before birth and provide early protection.**



**Flu Vaccine** – The last thing you want to worry about during your pregnancy is catching the flu. Your body is undergoing constant changes throughout pregnancy and as a result, your chances of becoming ill are higher. **If you are pregnant, getting the flu shot will provide protection for you and your baby for several months after birth.** It is the best defense to protect you and your newborn from serious flu-related symptoms. It is recommended by the Centers for Disease Control and Prevention to get vaccinated for the flu at the end of October before the peak flu season.

Working in tandem with community partners, the Care Van Program will now provide pertussis and influenza vaccines to expectant mothers 19 years and older. These vaccines may help protect mothers and unborn children from vaccine-preventable diseases. This immunization outreach initiative is sponsored by Blue Cross and Blue Shield of Texas.

**Talk to your doctor to make sure you are up to date on the vaccines that are right for you.**

To learn more about this initiative contact The Caring Foundation of Texas.

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