

If you are planning to become pregnant:

Talk to your provider. He or she will make sure you are up to date with your shots.

If you are pregnant:

Your provider may suggest the following shots:

- **Flu** – The flu shot will help keep you safe from the harmful effects of the flu.
- **Tdap** – The Tdap shot will protect your from serious illness. Your provider will give you this shot between 27 and 36 weeks of pregnancy.

After you give birth:

Your provider will suggest other shots if you have not had them. It is best to get shots for measles, mumps, rubella and chicken pox.

Shots are safe!

You pass your immunity on to your baby while you are pregnant. This protects your baby from some diseases during the first few months of life.



Your provider may suggest shots for you.

The shots will depend on your age, health status and prior shots you have received.