



# Me + My Baby

Health Plan  
of San Joaquin 

## Immunizations During Pregnancy

### Did you know?

You're sharing more than just food with your baby. You're sharing your immunity! This means that immunizations you get while you are pregnant can protect your growing baby in the first few months of baby's life.



## What two vaccines are important?

### Tdap Vaccine

- Protects against whooping cough.
- Ask your doctor about the Tdap vaccine in your 3rd trimester.
- You need one Tdap Vaccine in the third trimester of each pregnancy.

### Flu Vaccine

- The flu can cause serious complications during pregnancy.
- If your baby is due to be born during flu season (October-May), getting the flu shot can help baby stay protected when they are born.

### Thinking About Traveling?

If you're thinking about traveling outside of the United States, ask your doctor about which immunizations you should get before you go.

Sign up for the *Me + My Baby* program today.

Visit [www.hpsj.com/Prenatal](http://www.hpsj.com/Prenatal) or call HPSJ's Customer Service Representatives at **888.936.PLAN (7526) TTY/TDD 711**, Monday - Friday 8:00 a.m. - 5:00 p.m.