

Now's the time
to protect
your baby from
whooping
cough.



Get a pertussis vaccination
before the baby comes.



Infant cases of pertussis are on the rise in Texas. Though pertussis is not usually serious for adults, it can make breathing impossible for babies.

As a pregnant mother, the safest way to protect your newborn is to make sure you get the vaccine before your baby arrives. By protecting yourself from pertussis, you reduce the risk of your infant being exposed to this contagious disease. It is also a good idea to make sure everyone who will be around the baby receives the vaccine as well.

Share the facts about pertussis with your family members and close friends. Once they understand that pertussis can be life threatening for newborns, they will understand why it is important that they get the vaccine before they come in contact with your baby.

When you talk to your doctor, ask about scheduling your vaccination.

What is pertussis (whooping cough) and why is it so dangerous for babies?

Pertussis (whooping cough) is caused by bacteria. Pertussis can be deadly to infants. It may cause coughing fits, choking, pneumonia, brain damage, and even death. In some cases, babies cannot cough or breathe. Pertussis can cause serious illness and even death because newborns and infants are too young to be fully vaccinated. It is necessary for mothers, family members, close friends, and caregivers to be vaccinated against pertussis, so they do not get infected and transmit the bacteria to your newborn baby.

How do I keep myself and my baby from getting pertussis (whooping cough)?

Getting a Tdap vaccine during every pregnancy is the best way to protect both you and your baby from pertussis (whooping cough). Another way to help prevent pertussis is to avoid others who have not been vaccinated against pertussis. Do not allow persons who are coughing or sneezing near the baby.

What is the Tdap vaccine?

Tdap is a combination vaccine that protects against tetanus, diphtheria, and pertussis. Tetanus is a disease that attacks the nervous system. Diphtheria is a disease that can cause breathing problems, heart failure, paralysis, and even death. Pertussis (whooping cough) is a severe coughing illness that can lead to serious disease, even death, in infants.

Why do I need to get the Tdap vaccine?

Protection from your childhood pertussis (whooping cough) vaccine decreases as you get older, so you may not be protected at this time. As an adult, the Tdap

vaccine helps to protect you from getting pertussis, so you do not get infected and transmit the bacteria to your newborn baby. Pertussis is very contagious and can be easily passed from person to person when someone who is infected sneezes or coughs into the air and the air gets breathed in by someone else. Newborns who are too young to be fully vaccinated are most at risk.

Is it safe to get the Tdap vaccine while I am pregnant? Can it hurt my baby?

The Tdap vaccine is recommended for women during every pregnancy. There is no evidence that the vaccine is harmful to the mom or the baby.

When is it safe to get the Tdap vaccine while pregnant?

Tdap can be safely given at any time during pregnancy, but it is recommended that pregnant women get the Tdap vaccine at 27 through 36 weeks. That is when the vaccine will provide the most protection for you to pass on to your baby.

Will it be safe to breastfeed my baby if I get the Tdap vaccine?

Yes. It is safe to breastfeed after receiving the Tdap vaccine. Protection may be passed in breast milk.

Where can I get the Tdap vaccine?

Talk to your health-care provider about getting the Tdap vaccine. Tdap vaccines are offered in various locations, such as your health-care provider's office, local pharmacies, and local health clinics.



Stay strong and healthy
for your baby.

**Ask your doctor to schedule your
vaccination before your baby comes.**

Learn more at PreventPertussis.org.

