# Protecting Your Baby & Yourself Through Vaccination
## Reliable Resources for Expectant Moms

Becoming a parent can feel overwhelming with so many new things to learn. When it comes to immunizations, it is important to know where you can find accurate and reliable information. The resources listed below are trusted resources that you can use to find answers to your vaccine-related questions.

### Websites
- **Centers for Disease Control & Prevention (CDC)**
  - [www.cdc.gov/vaccines/parents/index.html](http://www.cdc.gov/vaccines/parents/index.html)
  - [www.cdc.gov/vaccines/pregnancy/index.html](http://www.cdc.gov/vaccines/pregnancy/index.html)
- **New Jersey Department of Health (NJDOH)**
  - Vaccine Preventable Disease Program
- **New Jersey Immunization Network (NJIN)**
  - [http://immunizenj.org/](http://immunizenj.org/)
- **New Jersey Parent Link**
  - [www.njparentlink.nj.gov/njparentlink/health/before/](http://www.njparentlink.nj.gov/njparentlink/health/before/)
- **American Academy of Pediatrics (AAP) Healthy Children***
  - [www.healthychildren.org](http://www.healthychildren.org)
- **American Congress of Obstetricians and Gynecologists***
  - [www.acog.org/Patients](http://www.acog.org/Patients)
- **Children’s Hospital of Philadelphia—Vaccine Education Center***
  - [www.vaccine.chop.edu](http://www.vaccine.chop.edu)
- **Every Child by Two (ECBT)***
  - [www.ecbt.org](http://www.ecbt.org)
  - [www.vaccinateyourbaby.org](http://www.vaccinateyourbaby.org)
- **Immunization Action Coalition (IAC)***
  - [www.vaccineinformation.org](http://www.vaccineinformation.org)

### Social Media & Mobile Apps
- **Centers for Disease Control & Prevention (CDC)**
  - Facebook: @CDC
  - Twitter: @CDCGov
- **New Jersey Department of Health (NJDOH)**
  - Facebook: @NJDeptoHealth
  - Twitter: @NJDeptoHealth
- **Immunization Mobile Apps***
  - [www.immunize.org/resources/apps.asp](http://www.immunize.org/resources/apps.asp)

### Telephone Contacts
- **CDC-INFO Contact Center**—English and Spanish
  - (800) CDC-INFO or (800) 232-4636
- **NJDOH Vaccine Preventable Disease Program**
  - (609) 826-4861

### Where to Receive Vaccines
- **Your Healthcare Provider**
- **Local Health Departments**
  - [http://localhealth.nj.gov](http://localhealth.nj.gov)
- **Federally Qualified Health Centers**

---

Families who need help paying for their child’s vaccines should ask their healthcare provider about the Vaccines for Children (VFC) Program. For more information, visit www.cdc.gov/vaccines/programs/vfc/parents/qa-flyer.pdf

---

*The links to these websites are intended to provide additional information strictly for informational purposes. The New Jersey Department of Health is not responsible for the content of these sites and does not endorse private organizations.*
Protecting Your Baby & Yourself Through Vaccination

Immunizations for Infants and Expectant Moms

Whether you are thinking about becoming pregnant with your first child, or planning on having another child, it is important to make sure that you and your baby are up-to-date on all of your vaccinations.

DURING PREGNANCY

Speak with your provider for more details about getting a dose of Tdap and a flu shot with each pregnancy. These vaccinations can provide protection to your baby until they are old enough to get their own shots.

AFTER PREGNANCY

For moms: If you missed any shots before or during your pregnancy, you can catch up after your baby is born. It is safe to receive vaccines right after giving birth, even while breastfeeding.

For your newborn: Your baby will need vaccines starting on the day of birth. View the childhood vaccination schedule below, or at:

Family members!

You can provide additional protection to newborn babies by making sure you are up-to-date with your vaccines.

Take this quiz to find out which vaccines you may need:
www2.cdc.gov/nip/adultImmSched/default.asp.