

# Be a SUPERMOM

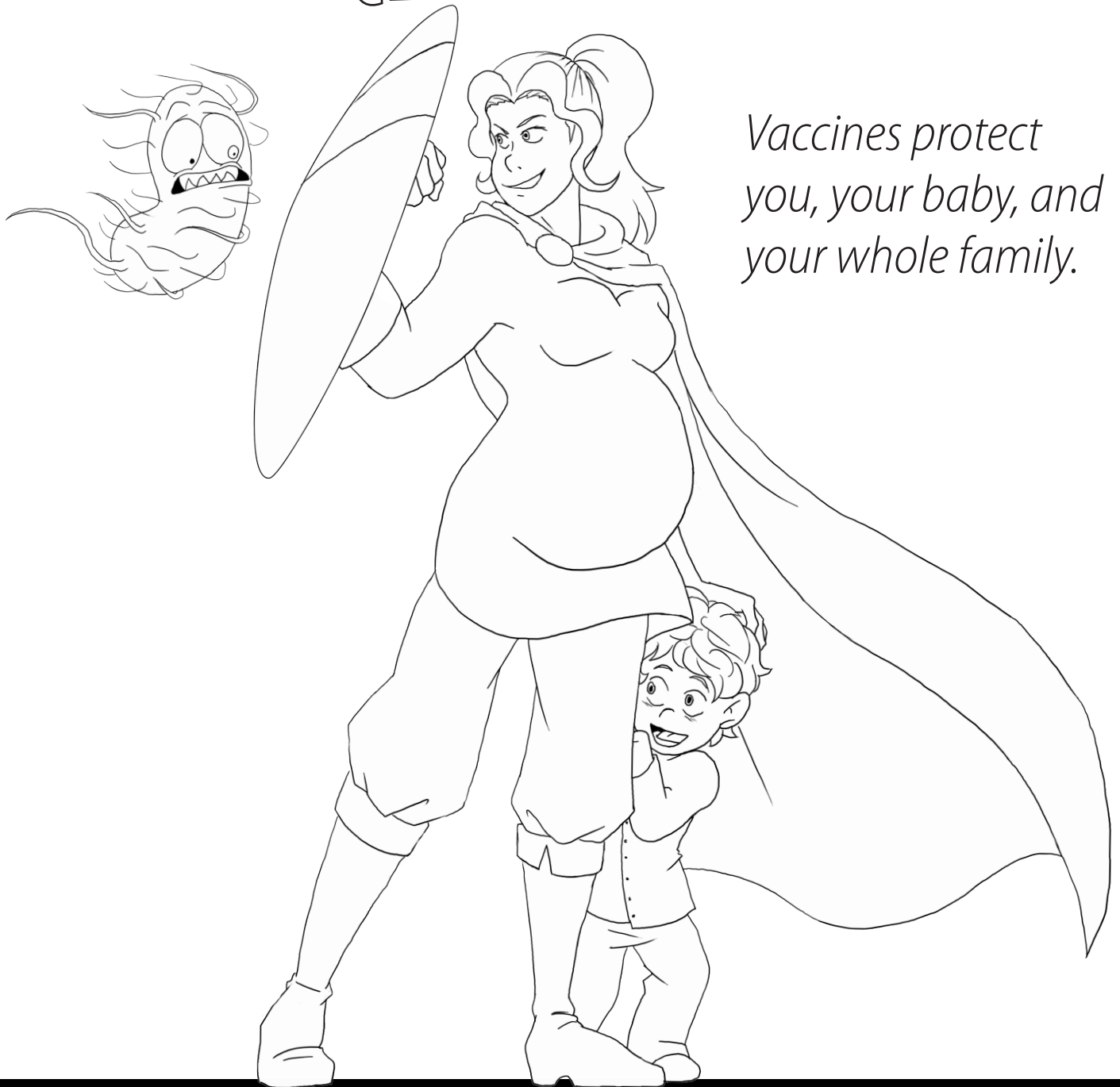
*Vaccines are safe for  
you and your baby.  
Ask your provider today  
and get vaccinated!*



Illustrations by Abby Hellstrom

**Learn more at [www.midwife.org/OMOT-Vaccines-for-Women](http://www.midwife.org/OMOT-Vaccines-for-Women)**

# KNOW the FACTS



*Vaccines protect  
you, your baby, and  
your whole family.*

Illustrations by Abby Hellstrom

**Learn more at [www.midwife.org/OMOT-Vaccines-for-Women](http://www.midwife.org/OMOT-Vaccines-for-Women)**

This publication was made possible by cooperative agreement number 1U38OT000161 from the Centers for Disease Control and Prevention (CDC) and the Association of State and Territorial Health Officials (ASTHO). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC or ASTHO.  
©American College of Nurse-Midwives. All rights reserved. 021115

# Vaccines are SAFE!



Illustrations by Abby Hellstrom

*Some vaccines are safe to get even when you are pregnant. Knowing the best time to get vaccinated can keep you and your baby protected!*

**Learn more at [www.midwife.org/OMOT-Vaccines-for-Women](http://www.midwife.org/OMOT-Vaccines-for-Women)**

This publication was made possible by cooperative agreement number 1U38OT000161 from the Centers for Disease Control and Prevention (CDC) and the Association of State and Territorial Health Officials (ASTHO). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC or ASTHO.  
©American College of Nurse-Midwives. All rights reserved. 021115

# Vaccines keep you STRONG

*Vaccine side effects are usually minor and temporary, compared with the danger of actually getting the disease.*



Illustrations by Abby Hellstrom

**Learn more at [www.midwife.org/OMOT-Vaccines-for-Women](http://www.midwife.org/OMOT-Vaccines-for-Women)**

This publication was made possible by cooperative agreement number 1U38OT000161 from the Centers for Disease Control and Prevention (CDC) and the Association of State and Territorial Health Officials (ASTHO). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC or ASTHO.  
©American College of Nurse-Midwives. All rights reserved. 021115

# PROTECT your BABY

*Getting vaccinated during pregnancy protects babies from life-threatening diseases even after they are born!*

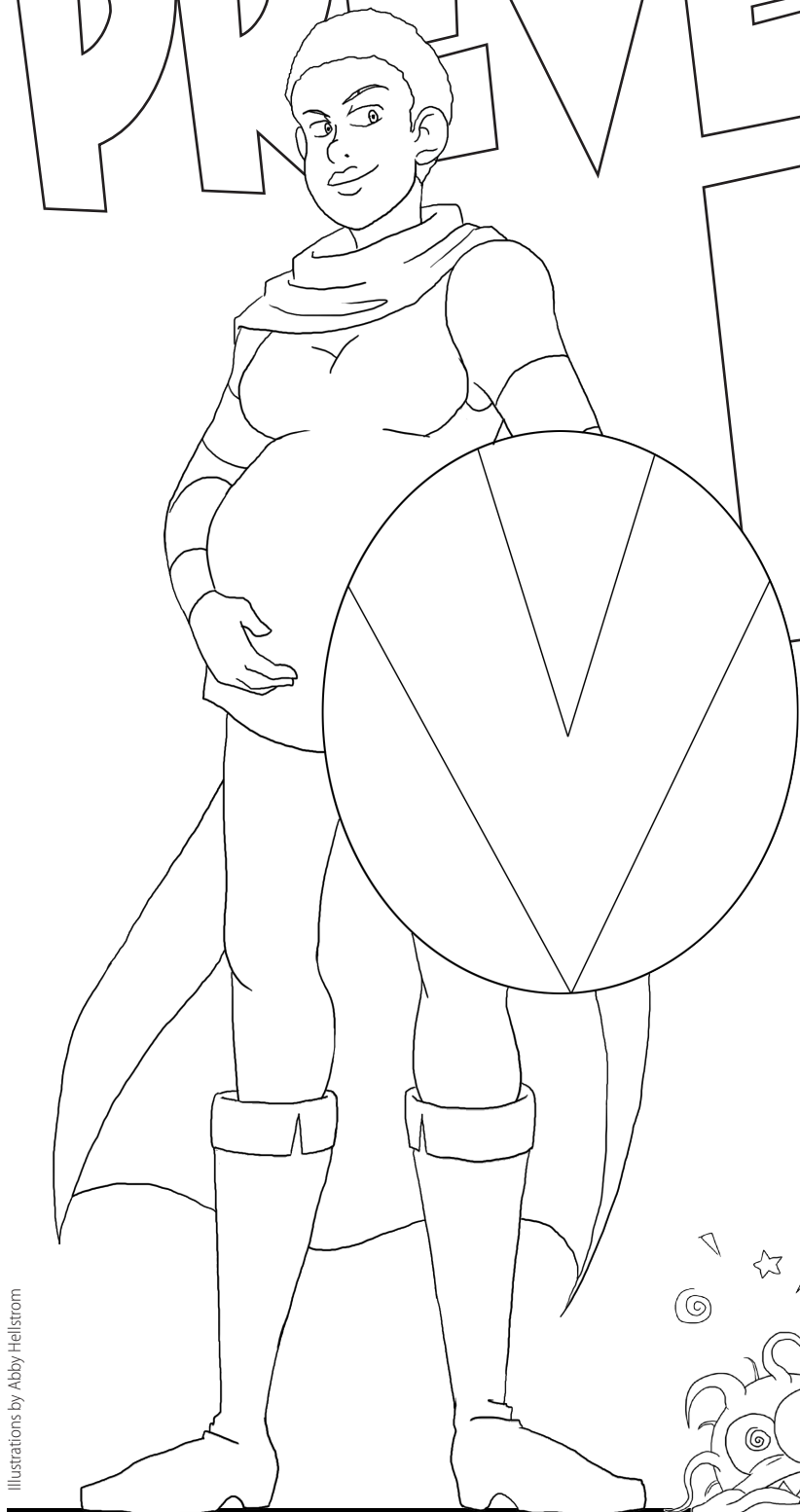
Illustrations by Abby Hellstrom



**Learn more at [www.midwife.org/OMOT-Vaccines-for-Women](http://www.midwife.org/OMOT-Vaccines-for-Women)**

This publication was made possible by cooperative agreement number 1U38OT000161 from the Centers for Disease Control and Prevention (CDC) and the Association of State and Territorial Health Officials (ASTHO). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC or ASTHO.  
©American College of Nurse-Midwives. All rights reserved. 021115

# PREVENT the FLU



*Get vaccinated.  
The flu vaccine cannot  
cause flu illness.*



Illustrations by Abby Hellstrom

**Learn more at [www.midwife.org/OMOT-Vaccines-for-Women](http://www.midwife.org/OMOT-Vaccines-for-Women)**

This publication was made possible by cooperative agreement number 1U38OT000161 from the Centers for Disease Control and Prevention (CDC) and the Association of State and Territorial Health Officials (ASTHO). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC or ASTHO.  
©American College of Nurse-Midwives. All rights reserved. 021115

# Whooping Cough is DANGEROUS

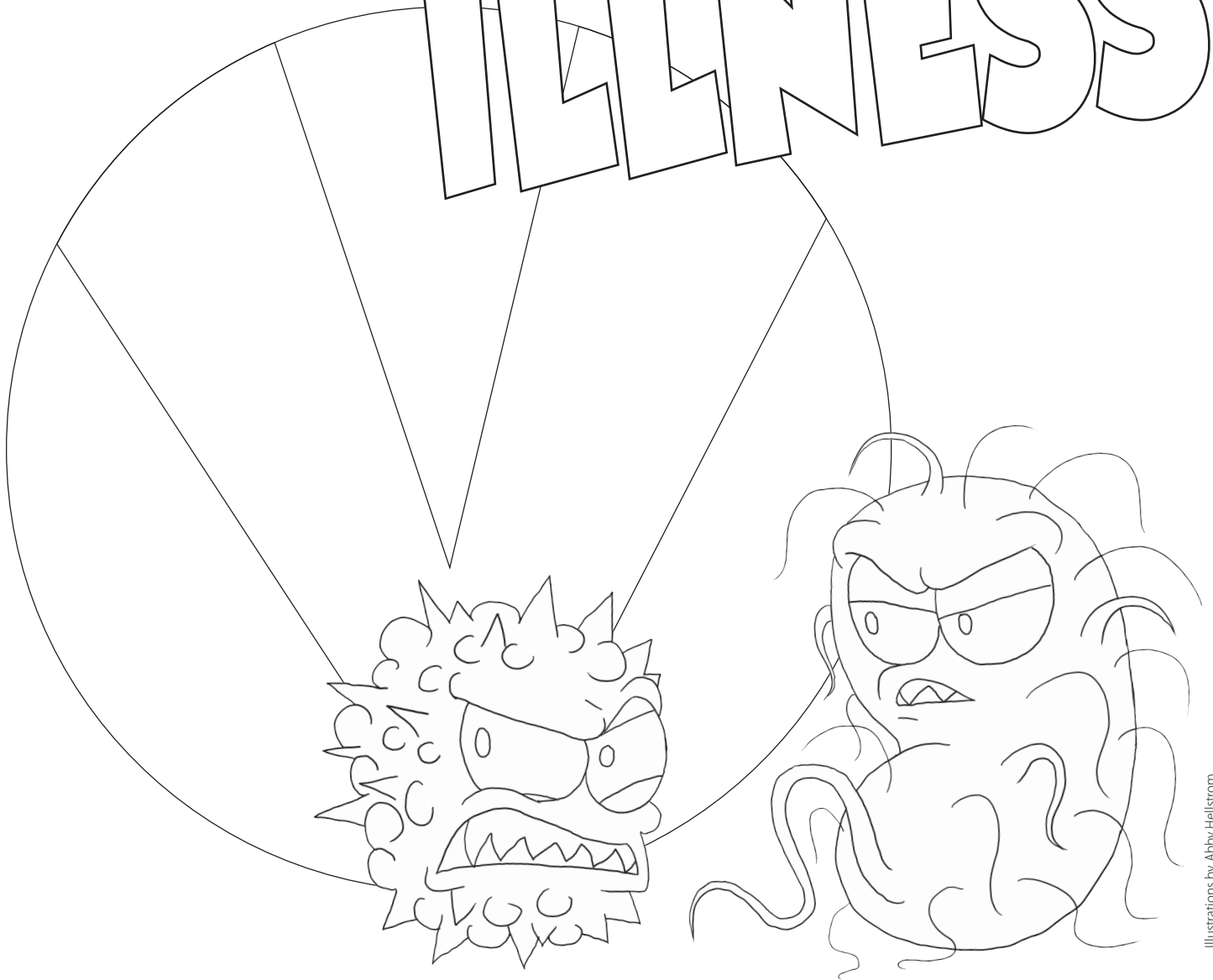


Illustrations by Abby Hellstrom

**Learn more at [www.midwife.org/OMOT-Vaccines-for-Women](http://www.midwife.org/OMOT-Vaccines-for-Women)**

This publication was made possible by cooperative agreement number 1U38OT000161 from the Centers for Disease Control and Prevention (CDC) and the Association of State and Territorial Health Officials (ASTHO). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC or ASTHO.  
©American College of Nurse-Midwives. All rights reserved. 021115

# PREVENT ILLNESS



Illustrations by Abby Hellstrom

*Ask your provider about vaccines.*

**Learn more at [www.midwife.org/OMOT-Vaccines-for-Women](http://www.midwife.org/OMOT-Vaccines-for-Women)  
[www.cdc.gov/flu](http://www.cdc.gov/flu) | [www.cdc.gov/pertussis](http://www.cdc.gov/pertussis) | [www.cdc.gov/Features/AdultImmunizations](http://www.cdc.gov/Features/AdultImmunizations)**

This publication was made possible by cooperative agreement number 1U38OT000161 from the Centers for Disease Control and Prevention (CDC) and the Association of State and Territorial Health Officials (ASTHO). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC or ASTHO.  
©American College of Nurse-Midwives. All rights reserved. 021115