

Moms-to-Be!

Congratulations on your pregnancy! You're already a superhero for growing a tiny human inside you, but every superhero needs backup. That's where vaccinations come in!

Why Vaccines Are Your Sidekick During Pregnancy:

- *Double Protection:* Vaccines not only shield you from nasty bugs but also pass on protection to your baby, giving them a head start against infections.
- *Power Boost for Your Baby:* Some vaccines, like Tdap and flu shots, arm your baby with antibodies, ready to fight off baddies once they're born.
- *Safe and Trusted:* Vaccines recommended during pregnancy are rigorously tested and proven safe, giving you peace of mind as you focus on your pregnancy journey.

Top Vaccines for Moms To Be:

- *Tdap Vaccine:* Protects against tetanus, diphtheria, and whooping cough, shielding you and your baby from dangerous villains during pregnancy and beyond.
- *Flu Vaccine:* Be a flu-fighting champion! This shot protects you and your baby from the seasonal flu and sneaky attacks.
- *COVID-19 Vaccine:* Studies including hundreds of thousands of people worldwide show that COVID-19 vaccination before and during pregnancy is safe, effective, and beneficial to you and your baby.

Ready to Save the Day? Here's How:

- *Team Up with Your Doc:* Talk to your healthcare provider about your vaccine arsenal. They'll help you plan your shots to keep you and your baby strong and healthy.
- *Stay in the Loop:* Keep an eye on vaccination recommendations from trusted sources like the CDC. Knowledge is your superpower!
- *Spread the Word:* Share your journey with friends and family. Together, we can build a league of vaccinated heroes for healthier communities.

"Mom Power: Supercharge Your Pregnancy with Vaccines!"

The Extension Foundation, in cooperation with the Extension Committee on Organization and Policy, through an Interagency Agreement with the USDA National Institute of Food and Agriculture and the Centers for Disease Control and Prevention (CDC) are funding the Cooperative Extension System to address health disparities among rural and other underserved communities. This initiative is called the Extension Collaborative on Immunization Teaching & Engagement (EXCITE). North Carolina A&T State University is an equal opportunity provider.

HEALTH CARE CLINIC

ADULT VACCINE CHART



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