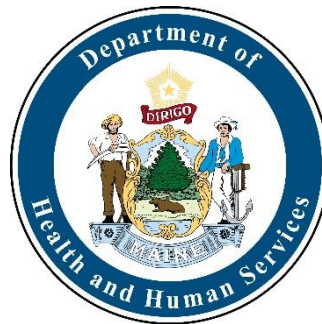


Prenatal Classes: Immunization Education

Susan M. Greene, MPH

March 2019



Prenatal Classes: Immunization Education Objectives

- What shots do I need during pregnancy?
- Vaccines right after birth and during breastfeeding
- Why are vaccines important?
- How vaccines strengthen your baby's immune system (how vaccines work)
- Why vaccinate on time?
- What shots does my baby need?
- What are reliable sources of information on immunization?



Prenatal Immunization Education: Why Do I Need Vaccines During Pregnancy?

- By staying up to date with vaccines before and during pregnancy, you can pass along immunity that will help protect your baby from some diseases during the first few months after birth.



Source: <https://www.cdc.gov/vaccines/growing/images/global/CDC-Growing-Up-with-Vaccines.pdf>

Prenatal Immunization Education: What Vaccines Do I Need During Pregnancy?

- **Recommended Vaccines:**

- **Tetanus, diphtheria, and pertussis (Tdap) vaccine** (whooping cough vaccine)

- During the third trimester of every pregnancy (between 27th and 36th week of pregnancy, preferably during the earlier part of this timeframe)

- **Yearly seasonal flu vaccine**

- Before or during pregnancy
- By the end of October, if possible
- U.S. CDC recommends flu vaccination as long as flu viruses are circulating – even into January and later



Source: <https://www.cdc.gov/vaccines/growing/images/global/CDC-Growing-Up-with-Vaccines.pdf>

Vaccines Right After Birth and During Breastfeeding

- It is safe to receive vaccines right after giving birth, even while you are breastfeeding. Be sure to discuss each vaccine with your healthcare professional before getting vaccinated.
- Postpartum vaccination will help protect you from getting sick and you will pass some antibodies to your baby through your breastmilk.
- Vaccination after pregnancy is especially important if you didn't receive certain vaccines before or during your pregnancy.



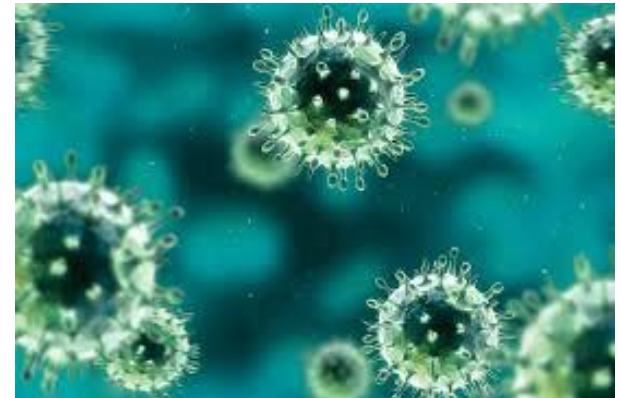
Source: <https://www.cdc.gov/vaccines/pregnancy/pregnant-women/index.html>

Prenatal Immunization Education: Why Does My Baby Need Vaccines?



- Your child is exposed to thousands of germs every day in his environment.
 - This happens through the food he eats, air he breathes and things he puts in his mouth.

- Babies are born with immune systems that can fight most germs, but there are some deadly diseases they can't handle.
 - That's why they need vaccines to strengthen their immune system.



Source: <https://www.cdc.gov/vaccines/parents/infographics/strengthen-baby-immune-system.html>

Prenatal Immunization Education: Why Does My Baby Need Vaccines?

- Some diseases that vaccines prevent remain common in the U.S.
 - Pertussis (whooping cough)
 - Chickenpox
- Other diseases are no longer common in this country because of vaccines.



- However, if we stopped vaccinating, even the few cases we have in the U.S. could very rapidly become tens or hundreds of thousands of cases.

Source: <https://www.cdc.gov/vaccines/parents/diseases/index.html>

How Vaccines Work: The Basics

- Vaccines use very small amounts of antigens to help your child's immune system recognize and learn to fight serious diseases.
 - Antigens are parts of germs that cause the body's immune system to go to work.
- More than one dose is necessary for many vaccines, to build and boost immunity.
- Because influenza viruses are constantly changing and the body's immune response declines over time, everyone over age 6 months needs a flu shot every year.



Sources: <https://www.cdc.gov/vaccines/parents/infographics/strengthen-baby-immune-system.html>;
<https://www.cdc.gov/vaccines/growing/images/global/CDC-Growing-Up-with-Vaccines.pdf>

How Vaccines Work Today



- Today, thanks to scientific advances, vaccines can protect children from more diseases using less antigens.
- Vaccines contain only a fraction of the antigens that babies encounter in their environment every day.

Source: <https://www.cdc.gov/vaccines/parents/infographics/strengthen-baby-immune-system.html>

Vaccines are Safe and Effective

- Vaccination is a highly effective, easy way to keep your family healthy.
- Vaccines are tested to make sure they are safe and effective for children to receive at the recommended ages.
- There are clear recommendations, backed by extensive research.



Source: <https://www.cdc.gov/vaccines/growing/index.html>

Why Vaccinate On Time?



- On-time vaccination throughout childhood is **essential** because it helps provide immunity before children are exposed to potentially life-threatening diseases.
- U.S. CDC (U.S. Centers for Disease Control and Prevention) Childhood Immunization Schedule is set by ACIP.
- ACIP (Advisory Committee on Immunization Practices) is made up of medical and public health experts who develop recommendations on the use of vaccines.

Source: <https://www.cdc.gov/vaccines/growing/index.html>

Why Vaccinate On Time?

Reasons to Follow U.S. CDC's Immunization Schedule

1. The immunization schedule is carefully designed to provide protection at just the right time.

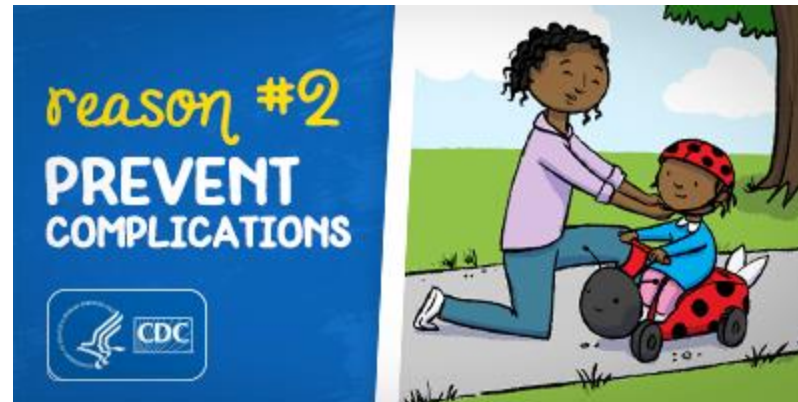


Source: <https://www.cdc.gov/vaccines/parents/resources/ultimate-babyproofing-plan.html>

Why Vaccinate On Time?

Reasons to Follow U.S. CDC's Immunization Schedule

2. Delaying vaccines could leave your child vulnerable to disease when she's most likely to have serious complications.



Source: <https://www.cdc.gov/vaccines/parents/resources/ultimate-babyproofing-plan.html>

Why Vaccinate On Time?

Reasons to Follow U.S. CDC's Immunization Schedule

3. It's best to vaccinate before your child is exposed to dangerous diseases.



Source: <https://www.cdc.gov/vaccines/parents/resources/ultimate-babyproofing-plan.html>

Why Vaccinate On Time?

Reasons to Follow U.S. CDC's Immunization Schedule

4. Your baby won't have the best protection from 14 serious diseases until she gets all the recommended doses of each vaccine.



Source: <https://www.cdc.gov/vaccines/parents/resources/ultimate-babyproofing-plan.html>

Why Vaccinate On Time?

Reasons to Follow U.S. CDC's Immunization Schedule

5. Maternal antibodies and breastfeeding don't provide enough protection.



Source: <https://www.cdc.gov/vaccines/parents/resources/ultimate-babyproofing-plan.html>

Why Vaccinate On Time?

Reasons to Follow U.S. CDC's Immunization Schedule

6. Not vaccinating your child on time can make someone else sick.



Source: <https://www.cdc.gov/vaccines/parents/resources/ultimate-babyproofing-plan.html>

What Shots Does My Baby Need?

Your Baby's First Shots: Hepatitis B

- Before leaving the hospital or birthing center, your baby receives the first of 3 doses of the vaccine that prevents against Hepatitis B. This dose should be given within 24 hours of birth.
- Hepatitis B:
 - Can cause chronic swelling of the liver
 - Can cause possible lifelong complications
- It's important to protect infants and young children from hepatitis B because they are more likely than adults to develop incurable chronic (long term) infection that can result in liver damage and liver cancer.



Sources: <https://www.cdc.gov/vaccines/parents/protecting-children/birth.html>;
<https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>

What Shots Does My Baby Need?

Your Baby's First Shots

- Hepatitis B
- Polio
- DTaP (Diphtheria, Tetanus, Pertussis)
- Influenza
- Hepatitis A
- MMR (Measles, Mumps, Rubella)
- Hib
- Pneumococcal
- Rotavirus
- Chickenpox



Sources: <https://www.cdc.gov/vaccines/parents/protecting-children/birth.html>;
<https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>

What Shots Does My Baby Need?

Maine's Lifetime of Good Health

These are the shots your child needs – Immunize as soon as possible!

At birth	HepB
2 months	HepB + DTaP + PCV + Hib* + Polio + Rotavirus*
4 months	DTaP + PCV + Hib* + Polio + Rotavirus*
6 months	HepB + DTaP + PCV + Polio + Hib* + Rotavirus* + Influenza
12 months	MMR + Varicella + PCV + Hib* + HepA + Influenza
18 months	HepA + DTaP + Influenza
4 - 6 years	MMR + Varicella + DTaP + Polio + Influenza



1. HepB: hepatitis B, a serious liver disease.
2. DTaP: diphtheria, tetanus (lockjaw) and pertussis (whooping cough).
3. PCV: Pneumococcal conjugate vaccine protects against serious blood, lung and brain infection.
4. *Hib: Haemophilus influenzae type b, a serious brain and throat infection.
5. Polio: a serious paralyzing disease.
6. MMR: measles, mumps and rubella.
7. Varicella: also called chickenpox.
8. HepA: hepatitis A, a serious liver disease.
9. *Rotavirus: a serious diarrhea illness.

*Number of doses of Hib and Rotavirus vaccines may differ depending on brand of vaccine used.

Influenza vaccine is recommended to children 6 months and older every year. Some children 6 months through 8 years old may require a second dose. Please contact your healthcare provider for details.



Contact your healthcare professional to make sure that your child is fully protected.

For more information please contact:

The Maine Immunization Program at 1- 800-867-4775 or 287-3746

TTY Users Dial: 711 (Maine Relay)

Maine's Immunization Schedule is compatible with the current recommendations of the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics, and the American Academy of Family Physicians.

Rev: April 2018

Resources:

Information About Immunization

- U.S. Centers for Disease Control and Prevention (U.S. CDC): www.cdc.gov/vaccines/parents
- U.S. CDC Resources for Pregnant Women: <https://www.cdc.gov/vaccines/pregnancy/pregnant-women/resources.html>
- Children's Hospital of Philadelphia: www.chop.edu/vaccine
- American Academy of Pediatrics' Healthy Children website: <https://www.healthychildren.org>
- Immunization Action Coalition: <http://immunize.org/>
- Vaccinate Your Family: <http://www.vaccinateyourfamily.org/>
- National Foundation for Infectious Diseases: <http://www.nfid.org>
- Immunization Coalition: Vax Maine Kids: <http://www.vaxmainekids.org>

Summary



- Vaccines protect you and your baby.
 - Vaccine-preventable diseases can be very serious, may require hospitalization, or even be deadly, especially in infants and children.
-
- Vaccines are safe and effective.
 - Vaccinating on time is essential.
 - Using reliable sources of information is important.



Sources: <https://www.cdc.gov/vaccines/parents/protecting-children/index.html>;
<https://www.cdc.gov/vaccines/growing/index.html>

Questions?

Susan M. Greene, MPH

Quality Assurance Coordinator

(207) 287-3746

susan.greene@maine.gov

Maine Immunization Program: www.immunizeme.org

