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We present some of the most frequently asked questions that women have during pregnancy.



That is a good question to ask the doctor since each patient is different.

The most important thing is to eat a good nutritious diet for you and your baby.



Great, so let's talk about some of the things we can do now to protect you and the baby. Have you

already been vaccinated?













Well, I realize that
there is a lot of
misinformation on social
media about the vaccine,
but not all of it is true.

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When moms get sick with something like COVID or the flu during pregnancy,

it increases the risk that their babies will be born too early or too small. Therefore, it is important for moms to protect themselves.





And how can you trust what the government says? They keep changing their recommendations constantly.

recommendations are backed up by research showing vaccines protect pregnant women and their babies.



Vaccines help your body recognize a specific germ and how to protect itself against that germ in the future as well. Although the vaccine only lasts a short time in the body, protection can last much longer. When you get vaccinated during pregnancy, that protection also gets passed on to your baby.





And what vaccines are recommended during pregnancy?

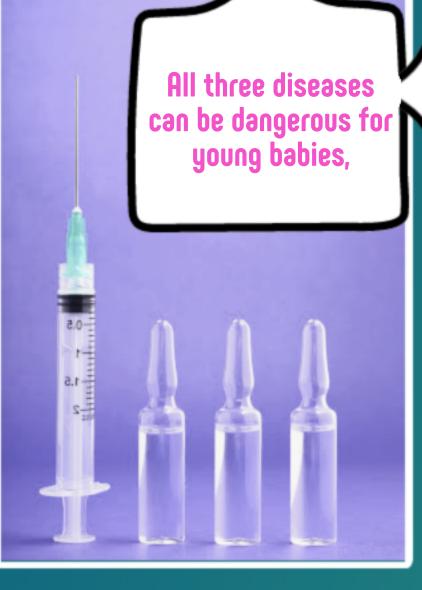
Pregnant women should be vaccinated against 3 diseases: COVID, flu,and whooping cough.

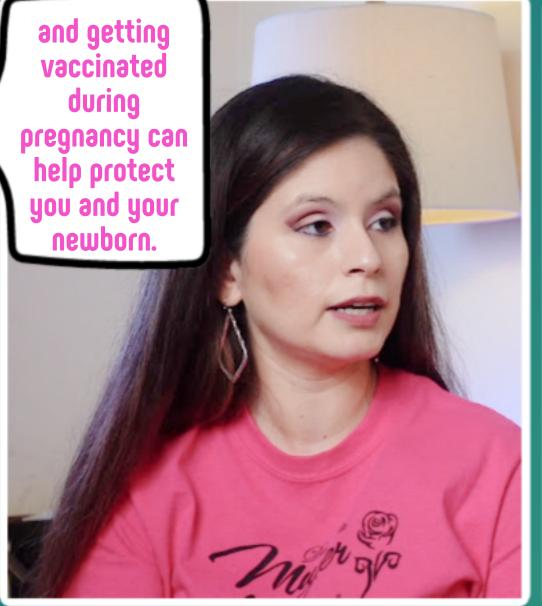
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All vaccines go through safety testing in the US.

Vaccines that are given to pregnant women have been tested on tens of thousands of people, and study after study shows they are safe for moms and their babies.

I've heard stories that
some pregnant
women have had
babies with
complications after
getting vaccinated.
Is that true?













For more information visit vaccinateyourfamily.org





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