

# CONCERNS DURING PREGNANCY

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



That's ok! Your doctor or midwife can help you find the information you need to make an evidence-based decision for you and your baby.

I guess I should get vaccinated, but I still have some doubts.



This was very good information that you shared with me. Thanks.

Great! If you have any other questions, don't hesitate to ask your doctor.

The End

For more information visit [vaccinateyourfamily.org](http://vaccinateyourfamily.org)



BROUGHT TO YOU BY  
Vaccinate Your Family  
Dia de la Mujer Latina

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Hi Mrs. Erika, how are you feeling?

I'm gaining weight, so that's not good, right?

How much weight should I gain?



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.



I want to do whatever is right for my 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?



Get vaccinated, no way!



I have heard horror stories about how these vaccines have harmed some babies.

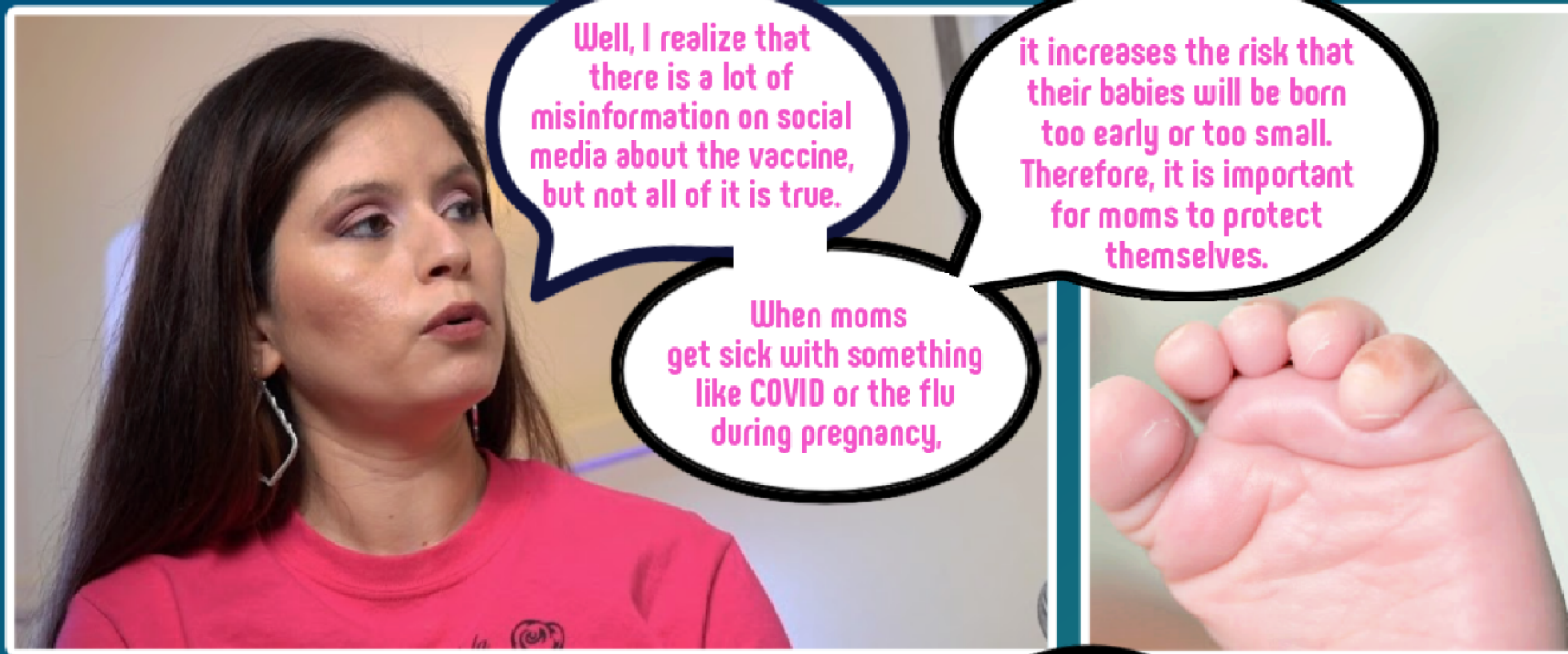


Where did you hear that?





I heard a doctor speak against vaccines on Facebook.



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

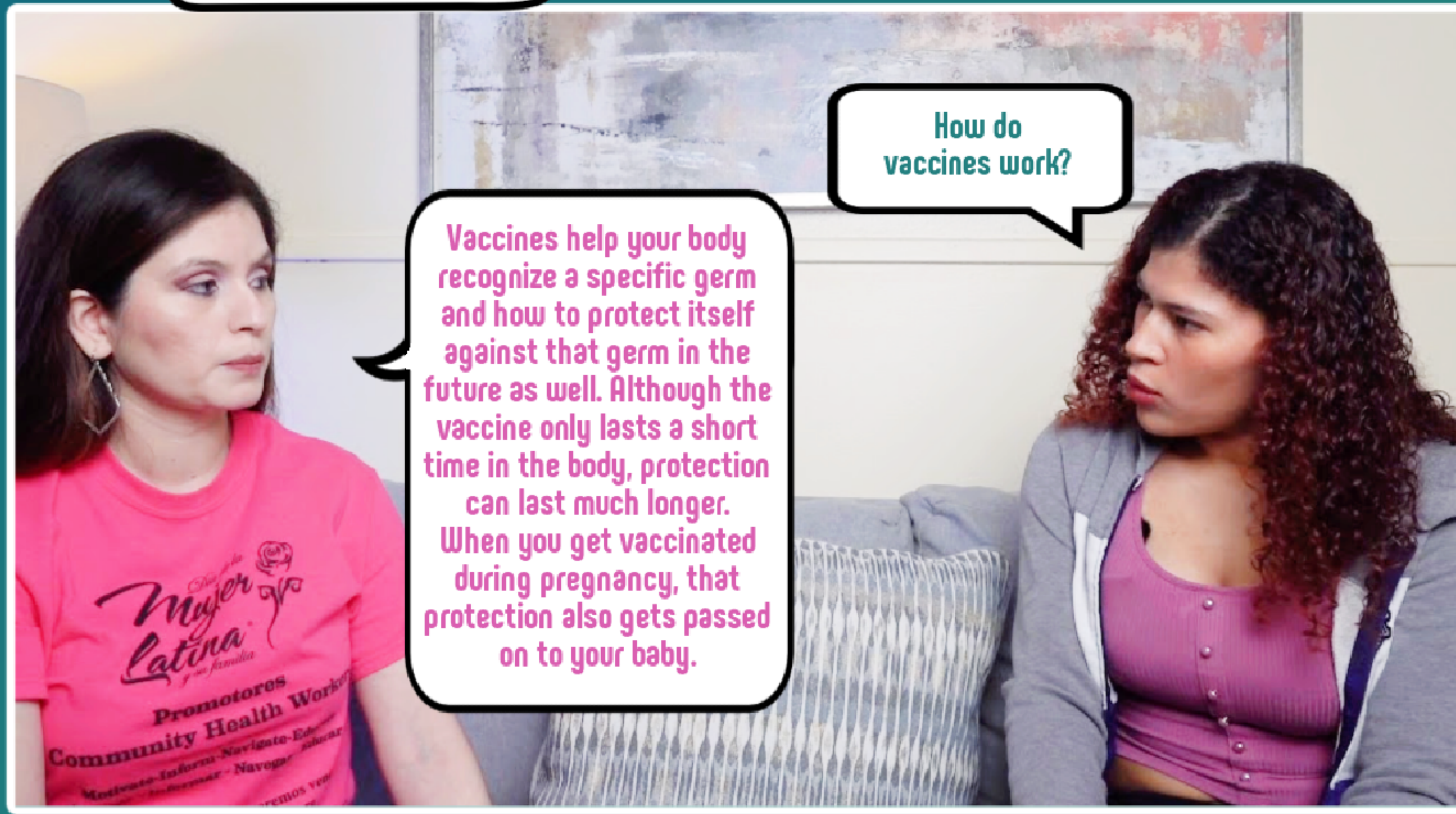
it increases the risk that their babies will be born too early or too small. Therefore, it is important for moms to protect themselves.

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



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

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

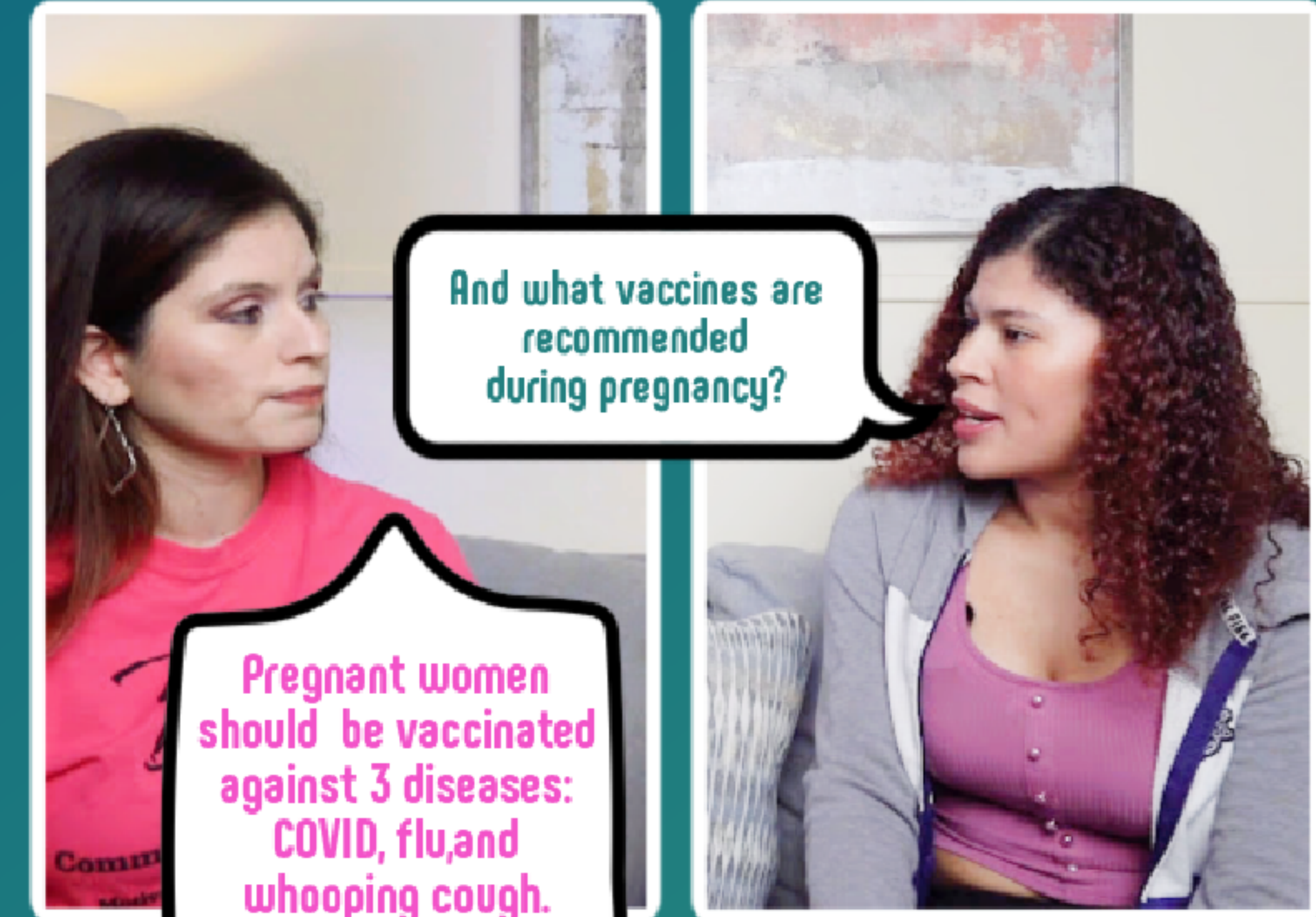


How do vaccines work?

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.

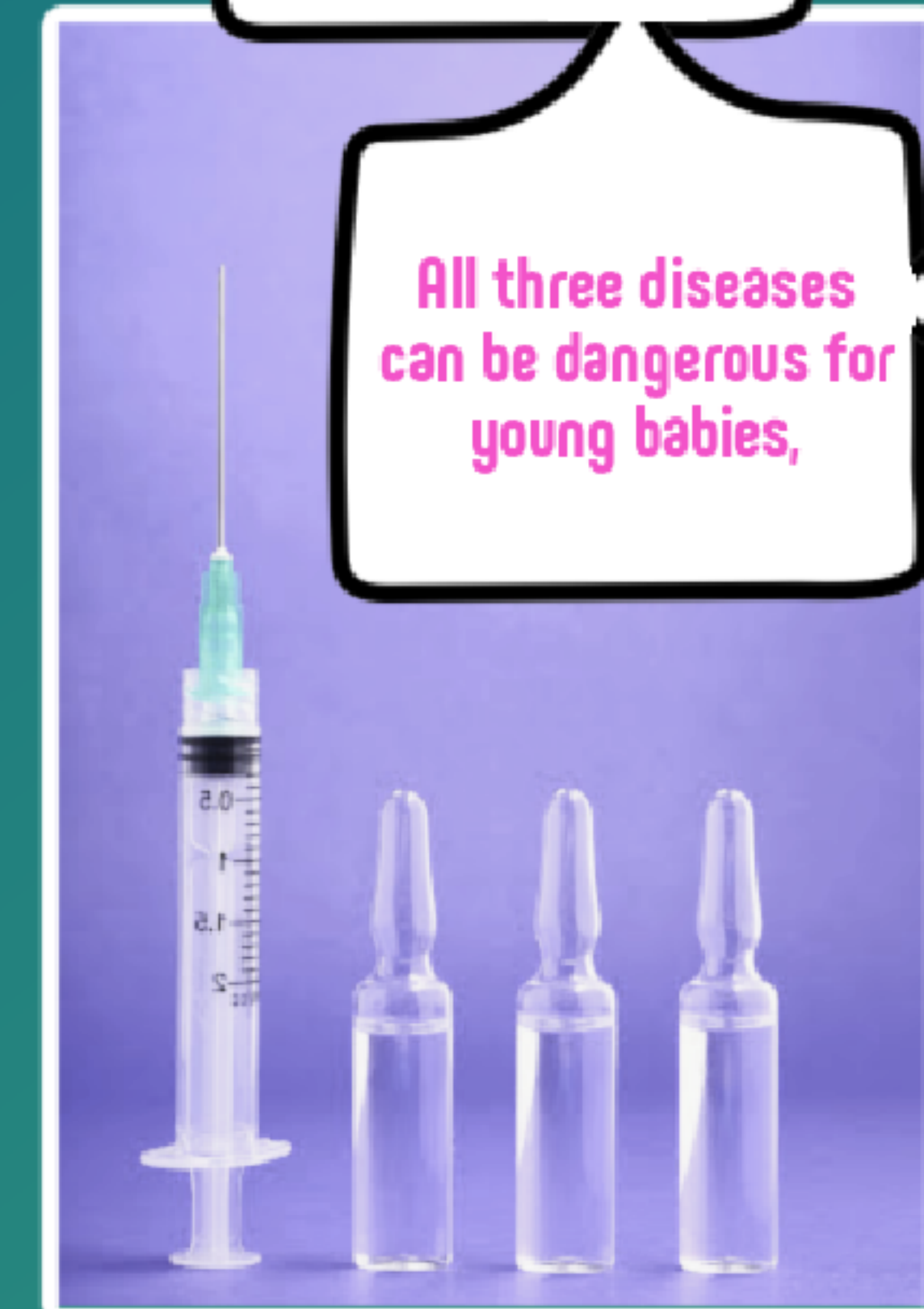


How can I be sure that the vaccines are effective for me and my baby?



And what vaccines are recommended during pregnancy?

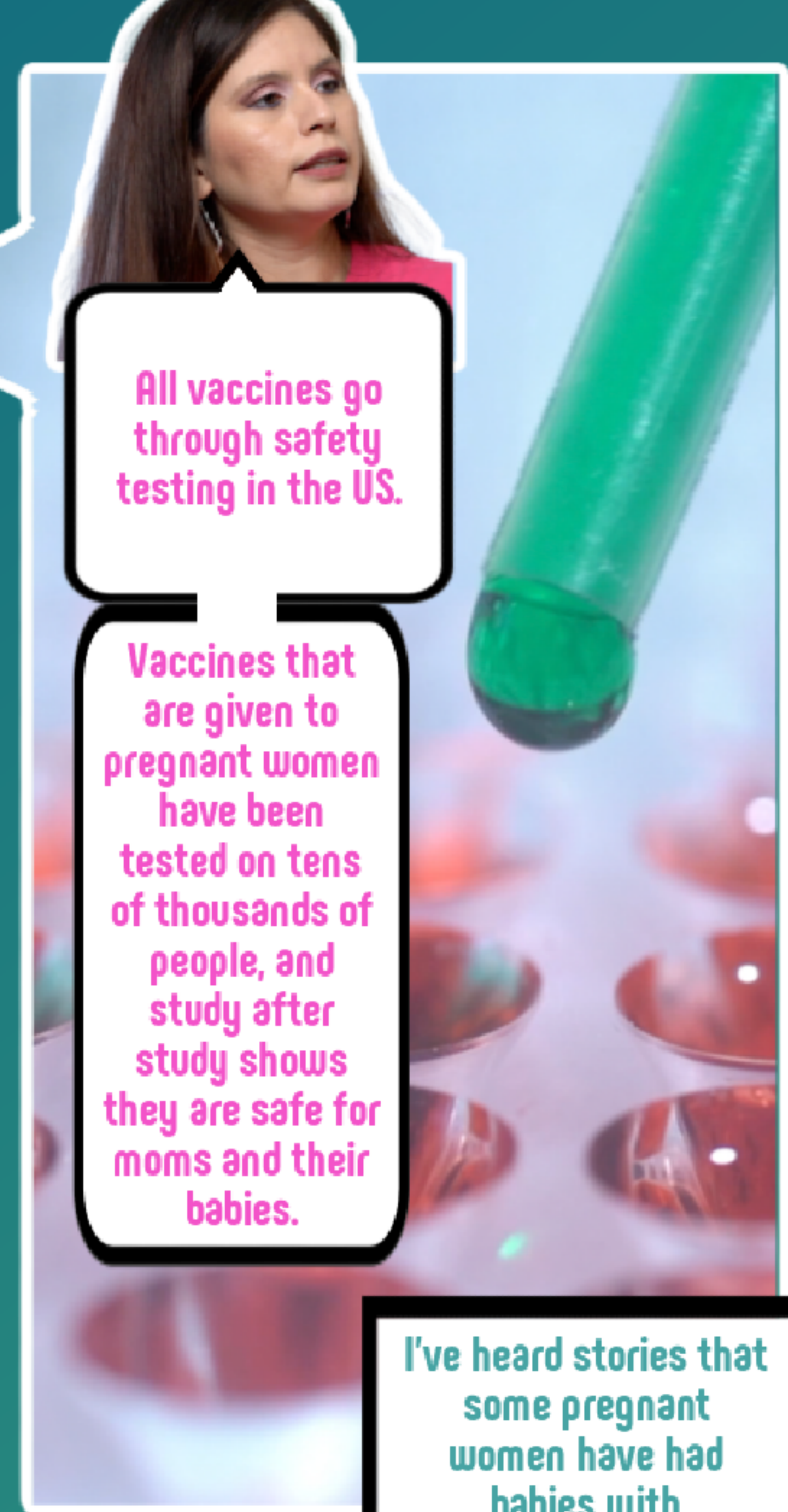
Pregnant women should be vaccinated against 3 diseases: COVID, flu, and whooping cough.



All three diseases can be dangerous for young babies,



and getting vaccinated during pregnancy can help protect you and your newborn.



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?



I understand why this might concern you. Birth defects can happen for many reasons that have nothing to do with vaccinations. The good news is that research shows that babies born to vaccinated mothers are no more likely to have birth defects than babies born to unvaccinated mothers.