For an expectant mother, taking care of her developing baby means taking good care of herself. One way she can do this is by ensuring she gets vaccinated. If a woman is or might be pregnant during flu season, it’s especially important to get her annual flu shot, preferably before the end of October. In addition, women should be vaccinated against whooping cough during the third trimester of each pregnancy. Failure to get vaccinated places both mother and baby at increased risk for serious complications of these infections, including hospitalization and even death. If you’re pregnant or planning to get pregnant, ask your health care provider when you should get your vaccines.

Thank you for joining us on *A Minute of Health with CDC*.

*[Announcer] For the most accurate health information, visit [cdc.gov](http://cdc.gov) or call 1-800-CDC-INFO.*