Be a SUPERMOM

Vaccines are safe for you and your baby. Ask your provider today and get vaccinated!

Learn more at www.ourmomentoftruth.com/The-Importance-of-Vaccines
Vaccines protect you, your baby, and your whole family.

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Some vaccines are safe to get even when you are pregnant. Knowing the best time to get vaccinated can keep you and your baby protected!
Vaccine side effects are usually minor and temporary, compared with the danger of actually getting the disease.

Learn more at www.ourmomentoftruth.com/The-Importance-of-Vaccines
Getting vaccinated during pregnancy protects babies from life-threatening diseases even after they are born!
Get vaccinated.
The flu vaccine cannot cause flu illness.
Whooping Cough is DANGEROUS

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Ask your provider about vaccines.

Learn more at www.midwife.org/OMOT-Vaccines-for-Women
www.cdc.gov/flu | www.cdc.gov/pertussis | www.cdc.gov/Features/AdultImmunizations
Prevent Cancer

Protect your kids and get the HPV vaccine!

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