



# Protect yourself and your baby



## It's never been more important to get vaccinated

Pregnant women and newborns are more at risk of becoming seriously ill from influenza and whooping cough. Vaccination not only protects you now, but also your baby for their first weeks of life.



GET  
VACCINATED



COVER  
COUGHS



WASH  
HANDS



CLEAN  
SURFACES



STAY  
AT HOME