

# Protect your growing family from the flu and COVID-19

Get vaccinated today

Staying healthy is on everyone's minds right now. That's why the Centers for Disease Control and Prevention (CDC), the American College of Obstetricians and Gynecologists, and Kaiser Permanente's obstetricians recommend all people who are pregnant, breastfeeding, trying to get pregnant, or who might become pregnant in the future should get a no-cost flu shot and COVID-19 vaccine.<sup>1</sup> It's the best way to protect yourself and your baby.

Talk to your health care provider to learn more and get answers to your questions.

Visit [kp.org/covidvaccine](https://kp.org/covidvaccine) and [kp.org/flu](https://kp.org/flu) to learn more.

## Did you know?

- 1 The COVID-19 vaccines are safe and effective and offer the best protection against the virus for both you and your baby.
- 2 There is no evidence that the vaccines can cause fertility problems in women or men.<sup>2</sup>
- 3 Vaccination of pregnant people also builds antibodies that can be passed to the baby, and those antibodies might protect against COVID-19 and the flu.<sup>2</sup>

<sup>1</sup> COVID-19 vaccine is available at no cost at Kaiser Permanente for most members.

<sup>2</sup> "COVID-19 Vaccines While Pregnant or Breastfeeding," [cdc.gov](https://www.cdc.gov), accessed October 14, 2021.