

# Protect Your Baby from Whooping Cough (Pertussis) & Flu!

## Family Members Need Tdap & Flu Vaccines

Pertussis (Whooping Cough) and influenza (flu) infections can cause serious and sometimes life-threatening health problems in babies, especially in their first 6 months of life.

- About half of infants diagnosed with whooping cough become hospitalized.
- Four out of five babies with whooping cough were infected by someone at home.

### How to protect your baby before 6 months of age?

Newborns are too young to receive the Tdap (Tetanus, diphtheria, and pertussis) and Flu vaccine. So, it is very important for the mother and household members to get the vaccine before having contact with the baby.

- **Pregnant women** need to get the **flu** vaccine anytime during pregnancy and **Tdap** vaccine (best between 27- 36 weeks) **with every pregnancy**.
- **All adults and adolescents in contact with the baby** need to get the **flu and Tdap vaccines**. This includes: partners, fathers, grandparents, caregivers, and siblings. The flu vaccine is recommended **every year**. Unless you are pregnant, the current Tdap recommendation is **once during adulthood** (after 19 years old). Adults should be immunized before caring for a baby. If you are not sure when you last received the Tdap vaccine you should get the vaccine again right after the baby is born.

### Where to get Tdap (whooping cough) and Flu Vaccines?

The best place to get these vaccines is at your health provider's office. They are included at no extra cost if you have health insurance, Medi-Cal, Medicare or Healthy SF. If you do not have health insurance you can go to the health department or pharmacies listed below.

Locations	Cost*	Schedule
<b>AITC Immunization and Travel Clinic</b> <b>San Francisco Department of Public Health</b> 101 Grove Street, Room 102 (at Polk) (415) 554-2625 <a href="http://www.TravelClinicSF.org">www.TravelClinicSF.org</a>	Flu: \$26.00 Tdap: \$26.00 (if uninsured)	Tuesday 9:00am - 3:00pm Mon, Wed, Thurs, Friday 9:00am - 4:00pm
<b>Costco</b> -You do not need to be a member to use the pharmacy 450 - 10 <sup>th</sup> St. (415) 626-4388 <a href="http://www.costco.com">www.costco.com</a>	Flu: \$14.99 Tdap: \$48.00	Monday-Friday 10:00am - 1:30pm 2:30pm - 7:00pm Saturday 10:00am - 1:30pm 2:30pm - 6:00pm
<b>CVS Pharmacy</b> <a href="http://www.cvs.com">www.cvs.com</a>	Flu: \$31.99 Tdap: \$66.99	Check with local pharmacy for hours.
<b>Safeway</b> <a href="http://www.safeway.com">www.safeway.com</a>	Flu: \$30.00 Tdap: \$59.99	Check with local pharmacy for hours.
<b>Target</b> 789 Mission St. (415) 343-6273 2675 Geary Ave. (415) 796-5281 <a href="http://www.target.com">www.target.com</a>	Flu: \$24.99 Tdap: \$63.99	Monday-Friday 7:00am - 6:30pm Saturday-Sunday 9:00am - 5:30pm
<b>Walgreens Pharmacy</b> <a href="http://www.walgreens.com">www.walgreens.com</a>	Flu \$31.99 Tdap: \$63.99	Check with local pharmacy for hours.

\*Prices are subject to change, please check website or call location.