

Protecting Your Baby From Serious Infections

Infections can be life-threatening for young infants, especially those under 2 months of age who are too young to be vaccinated.



Five ways to keep your baby healthy:

1. **Breastfeed!**
It's the best way to help your baby fight infections.
2. **Wash hands frequently!**
This means EVERYONE who touches the baby.
3. **Keep baby away from those with a cough, runny nose or fever!**
4. **Immunize your baby!**
5. **Mom & Dad: immunize yourself and all baby's caregivers!**

- MMR Flu Chickenpox Hepatitis A & B
 Pneumonia Meningococcal Tdap (includes Pertussis)

Everyone – including parents, siblings, grandparents & other caregivers – should receive recommended vaccines to stay healthy and keep baby safe from Pertussis (whooping cough) and other serious diseases.

Some childhood vaccinations like Pertussis wear off after 5–10 years, so adults can become infected and spread disease to a baby.

Vaccines help prevent the spread of disease to babies!

For more information on where to get immunized:

- Check with your health care provider.
- Visit the internet website: www.sonoma-county.org/Immunizations.
- Call: 1-800-427-8982.

County of Sonoma
Department of Health
Services
Public Health Division
625 Fifth Street
Santa Rosa, CA 95404

