

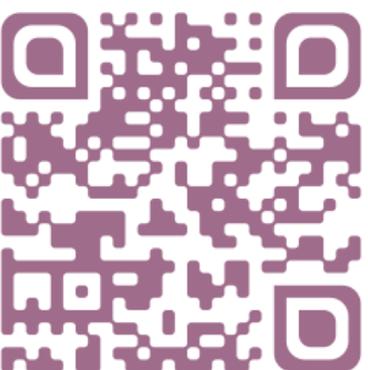
Extended family members are an important source of support to a family adding a new baby. As the family copes with sleepless nights and altered relationships and roles, extended family members visit, pitch in, and offer support.

Be sure your support does not put the new baby at risk by exposing him or her to disease and infection.

Ensuring that you are up-to-date on **immunizations** creates a cocoon of protection for the new baby.

## Voices for Vaccines

[www.VoicesForVaccines.org](http://www.VoicesForVaccines.org)  
[info@voicesforvaccines.org](mailto:info@voicesforvaccines.org)



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# Protecting Newborns: The Extended Family's Role



Information about how you can use immunizations to keep new babies safe

## Cocooning through adult immunization

Some diseases, like pertussis and influenza, are particularly dangerous for young babies. Adults should be sure they have recently had the following vaccinations:

- Tdap vaccine (Tetanus, diphtheria, and pertussis)
- Influenza vaccine (new vaccine available each fall)

Talk to your doctor, nurse practitioner, or pharmacist about getting these vaccines at least two weeks before a new baby comes home.

## Cocooning through routine childhood immunization

Older children receive immunizations against diseases that are particularly dangerous to infants who are too young to be vaccinated against these diseases. Be sure older children are up-to-date on their immunizations, including the following:

- DTaP (Diphtheria, Tetanus, and Pertussis)
- Influenza
- MMR (Measles, Mumps, and Rubella)
- Varicella (chickenpox)
- Meningococcal Meningitis
- And all vaccines on the immunization schedule

## Practice healthy habits

We can all keep babies safe by practicing good habits, such as:

- Staying home—and away from baby—when ill
- Washing hands thoroughly before touching baby
- Sneezing and coughing into the inside of your elbow.