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, offer support, and ensure that you are up-to-date on immunizations to protect the new baby from disease and infection. Ensuring that you are up-to-date on immunizations creates a cocoon of protection for the new baby. Be sure your support does not put the new baby at risk by exposing him or her to disease and infection.

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 (Diphtheria, Tetanus, and Pertussis)
• Influenza
• MMR (Measles, Mumps, and Rubella)
• Varicella (chickenpox)
• Pertussis
• Meningococcal
• DTaP (Diphtheria, Tetanus, and Pertussis)

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

Practice healthy habits:

• Staying home—away from baby when ill
• Washing hands thoroughly before touching baby
• Sneezing and coughing into the inside of your elbow
• Touching baby only when hands are clean

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

Practice healthy habits

Immunization

Older children receive immunization against diseases that are particularly dangerous to infants who are too young to be vaccinated. Be sure older children receive all vaccines on their immunization schedule, including:

• DTaP (Diphtheria, Tetanus, Pertussis)
• Varicella (chickenpox)
• MMR (Measles, Mumps, and Rubella)
• Meningococcal

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

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