

Dear Grandparent,

Staying healthy and active is essential so that you can spend quality time with your grandchildren. This is especially important with a new grandchild or with one on the way. Vaccinations aren't just for children. Keeping everyone's vaccinations up-to-date is an important way to help keep you and your family healthy.

Here in the United States, vaccination has been an important part of helping to reduce the incidence of a number of diseases. While many of these diseases are no longer as common as when you were growing up, they still exist in the U.S. and around the world (and can be brought into the U.S. by travelers). That is why it is important that all family members receive all of the recommended vaccines on time.

Talk to your healthcare provider or pharmacist about which vaccines are right for you, and encourage everyone in your family to do the same.

Did You Know?

- Diseases such as pertussis (also known as whooping cough) and flu can be dangerous for young children.
- Whooping cough is a very contagious and serious disease that can be deadly for babies. In recent years, there have been large outbreaks of whooping cough in the United States. There are about 10,000 to 50,000 cases and up to 20 deaths due to whooping cough each year in the U.S.
- Whooping cough may appear as a common cold in many teens and adults, and many people who are contagious with the illness may not even know they have it. In fact, when study researchers were able to identify how a baby got whooping cough, they determined that in most cases, someone in the baby's household, including parents, siblings, grandparents, and caregivers, got the child sick.



- One dose of Tdap, the vaccine that helps protect against tetanus, diphtheria, and pertussis (whooping cough), is recommended for all adults age 19 and older if they did not receive the vaccine when they were younger.
- To help protect newborns from whooping cough, pregnant women should get vaccinated during the third trimester of every pregnancy. In addition, anyone who is going to be around an infant or young child should make sure they have received their one-time dose of Tdap at least 2 weeks before coming in contact with the child.
- Flu can be serious particularly for pregnant women, young children, older adults, and those with chronic illnesses. Even healthy people can get very sick from flu, leading to hospitalization or even death. During the 2018-2019 season, the flu killed tens of thousands of people, including 143 children, here in the U.S.
- Everyone 6 months of age and older is recommended to get the flu vaccine **every year**.

We understand that you might have questions and we encourage you to find the answers, and learn more about the importance of vaccinations for the entire family, by visiting **VaccinateYourFamily.org**.