



## 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 reduce the frequency of many dangerous 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 whooping cough (also known as pertussis), flu, and COVID-19 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.
- 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 experts were able to identify how a baby got whooping cough, they determined that in most cases, someone in the baby's household got the child sick.
- One dose of Tdap, the vaccine that helps protect against tetanus, diphtheria, and 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 babies from whooping cough, pregnant people should get a Tdap vaccine 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 people, 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 2019-2020 season, the flu killed tens of thousands of people, including 199 children, here in the U.S.
- For the best protection from serious illness, everyone 6 months and older, including pregnant people, are recommended to get a flu vaccine **every year**.
- COVID-19 is a very contagious and very dangerous disease that has caused over 700,000 deaths in the U.S. alone. **Safe and effective COVID-19 vaccines are available and recommended for everyone 5 years old and older.** (For the most up-to-date information on COVID vaccines, visit [VaccinateYourFamily.org/covid19faq](https://www.vaccinateyourfamily.org/covid19faq).)

We understand that you might have questions and we encourage you to find the answers, and learn more about vaccinations for the entire family, by visiting [VaccinateYourFamily.org](https://www.vaccinateyourfamily.org).