

If you take care of kids... Protect them from flu and whooping cough



Child Care Providers Need:

- **Flu vaccine.** One dose every year to protect against flu.
- **Tdap vaccine.** One dose to protect against whooping cough. If pregnant, you need a dose of Tdap with each pregnancy, in the third trimester.

Remember, kids in your care should be **fully** vaccinated!



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Protect Yourself

Child care providers can catch all sorts of infections. You can prevent serious diseases, like flu (influenza) and whooping cough, by getting immunized.

Protect Kids

You can easily spread flu and whooping cough to kids you care for. This can happen even before you feel sick. These diseases can be very serious for babies. Many babies end up in hospitals each year due to flu and whooping cough, and some die.

Avoid Missing Work

If you get sick, you can miss weeks of work. Vaccines are safe and help you stay healthy. You can't get flu or whooping cough from the shots.

Protect yourself. Protect kids.
Get vaccinated!

Questions?

Visit www.doh.wa.gov/Immunization or call the Washington State Office of Immunization and Child Profile at 1-866-397-0337.

Adapted from California Department of Health Services, Immunization Branch materials.
If you have a disability and need this document in another format, please call 1-800-525-0127 (TDD/TTY call 711).