




**KEEPING
YOU AND
YOUR CHILD
HEALTHY**



IF YOU HAD DIABETES OR HIGH BLOOD SUGAR WHILE YOU WERE PREGNANT...

You need to have your blood sugar tested when you see your health care provider for your six week post partum visit. If your blood sugar is high, but not high enough to be called type 2 diabetes, you will need to have your blood sugar tested at least every year. If the test is normal you need to be tested at least every three years.

You and your child have a lifelong risk of developing type 2 diabetes. If diabetes is not treated, it can lead to heart disease, kidney failure, blindness, stroke, and early death.

You can help prevent or delay the development of type 2 diabetes by...

1. Breastfeeding your baby. This may lower your child's risk of developing type 2 diabetes, and also help you lose weight.
2. Making healthy food choices.
3. Keeping active at least 30 minutes, five days a week.

My Postpartum Appointment:

Date

Time

Please do not eat anything after midnight before your appointment. You may drink plain water only.

Two Important Vaccinations: Hepatitis B for babies and Tdap for moms

For the Baby

Your child's first immunization, called the hepatitis b vaccine, is administered soon after birth. Hepatitis B is a dangerous vaccine-preventable disease that is highly infectious. Approximately 20-30 percent of the 1.4 million people in the United States with the virus acquired the disease during childhood. Since the vaccine was introduced in 1991 the number of acute hepatitis B cases in children and adolescents has dropped by more than 95%.

West Virginia has the highest rate of acute hepatitis B in the United States. Vaccination provides protection. This important vaccination is the first of many immunizations that your child will receive over the first few years of life. Hepatitis B virus spreads through blood and other body fluids and it may be transmitted to an infant during childbirth if the mother is infected. Vaccination against hepatitis B is required for daycare and school entry in West Virginia.



For the Family



New mothers, fathers, siblings, and other close contacts of the new baby should be vaccinated against tetanus, diphtheria, and pertussis, through either Tdap (for older children and adults) or DTaP (for children 6 years and younger). The Tdap vaccine is a newer vaccine that most young parents have not yet received. Your baby will not be able to complete their own primary series of the DTaP vaccine until the age of 12-15 months. So, keep in mind that when you protect yourself against pertussis, you're also protecting your infant.

Tetanus or lockjaw causes painful muscle spasms usually all over the body. Tetanus kills 1 in 5 who are infected. Diphtheria is a thick covering in the back of the throat that can lead to breathing problems, paralysis, heart failure and death. Pertussis (also known as "whooping cough") causes severe coughing spells, vomiting, and serious complications. Whooping cough is very common and is sometimes fatal for infants that are too young to be vaccinated. If you or other close contacts of the baby have not received your tetanus, diphtheria and pertussis vaccination, you should consider doing so as soon as possible for the health of your new baby.

For more information speak with your doctor or local health department. Additional information is available by calling the West Virginia Division of Immunization Services at 1-800-642-3634.

Building a healthy future for your baby begins today