

Is the vaccine safe for me and my baby?

What has changed over time?

- Early in the pandemic, we didn't know the effects of the vaccine on pregnant and breastfeeding women and their babies.
- Now, we have lots of data, and we can confidently say: **the COVID-19 vaccines are very safe for you and your baby, before, during, and after your pregnancy!**
- As of February 2022, more than **200,000 pregnant women have been vaccinated against COVID-19.**
- There have been **no** reports of any increased risk of pregnancy loss, growth problems, or birth defects.
- COVID-19 vaccines are not live vaccines, and **pregnant and breastfeeding women and their babies cannot get COVID-19 from the vaccine.**
- There is **no need to 'pump and dump'** when getting a vaccine while breastfeeding.

In fact, the real risk is when a pregnant woman chooses **NOT** to get vaccinated.

Women who become ill with COVID-19 and have symptoms during pregnancy:

- Are more likely to get very sick from COVID-19 compared to those who are not pregnant.
- Are more likely to need ICU care.
- Are more likely to need a breathing tube.
- Are at an increased risk of dying.
- Are at an increased risk of having a stillbirth or preterm birth.
- Are at an increased risk of having a baby infected with COVID-19.

HOW DO I GET A COVID-19 VACCINE?

- ✓ **Contact your local health department to make an appointment** or ask them where mobile vaccine clinics are located.
- ✓ **Talk to your OB/GYN.**
- ✓ **Check with your local pharmacy.** They will likely offer vaccines.
- ✓ **Contact your local community health center to make an appointment.**
- ✓ **Speak with your employer** about getting a COVID-19 vaccine. They may be helpful in making arrangements to get a vaccine.
- ✓ **Check to see whether vaccines are offered for free** at your state or local health department or local pharmacy. Check to see if fees can be waived.

FOR MORE INFORMATION

Visit Centers for Disease Control and Prevention:
www.cdc.gov/coronavirus/2019-ncov/index.html



For answers to Frequently Asked Questions, visit **Migrant Clinicians Network (MCN)**:
<https://bit.ly/3ki1xAI>



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Pregnancy, Breastfeeding, and the COVID-19 Vaccine

- ✓ **GET VACCINATED!**
- ✓ **Wear a mask**
- ✓ **Social distance**
- ✓ **Wash your hands**

COVID-19 Vaccine Awareness Campaign

COVID-19 VACCINES ARE SAFE AND EFFECTIVE



Types of vaccines available in the US:

- Pfizer
- Moderna
- Johnson & Johnson (J&J)
- Novavax



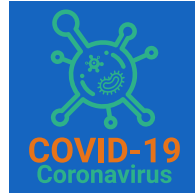
Get your primary series doses. 2 months later, get one bivalent booster.

RECOMMENDATIONS

- + Get vaccinated. Get Boosted.
- + Get your family vaccinated and boosted.
- + Wear a mask when indoors even when you are up to date on your vaccines. Wear a mask in crowded outdoor settings.
- + If you are up to date on your vaccines and are exposed to COVID-19:
 - If you have symptoms: Test immediately. If you have a negative test, test again in 48 hours.
 - If you do not have symptoms: Test at least 5 days after exposure. If you have a negative test, test again after 48 hours, and then again after another 48 hours if your second results are negative. Get medical advice if you think you are ill.
- + For women who are pregnant, breastfeeding, or trying to get pregnant, vaccines are critical for keeping moms and their babies healthy.
- + For women between 18-60 years old, we recommend getting Pfizer or Moderna.



WHAT TO KNOW WHEN GETTING THE COVID VACCINE



It is important to get vaccinated, even if you have had COVID-19.



It does NOT require any form of identification.



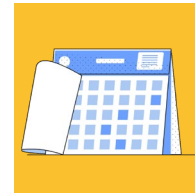
There are various types of vaccines. All vaccines against COVID-19 are safe and effective.



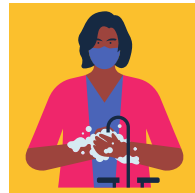
After vaccination you may experience: arm pain, headache, fever, or chills.



You will feel better a few days after your injection.



You are considered fully vaccinated two weeks after your final dose.



Continue to wear a mask in crowded spaces and wash your hands.



You did your part to protect yourself and others from COVID-19!



BENEFITS OF VACCINATION

- ✓ Vaccination protects you, your family, your children, and your co-workers from becoming seriously ill and being hospitalized.
- ✓ Vaccination decreases risks for moms and their babies.
- ✓ Vaccination decreases the number of new, severe and deadly COVID-19 cases in your community.
- ✓ Vaccination protects hospitals and healthcare providers from being overwhelmed with patients severely ill with COVID-19.
- ✓ The more people vaccinated in our community, the less we need to worry about new variants.
- ✓ Reduces the risk of stillbirth by 15%
- ✓ Antibodies from vaccinated women can pass to their babies and possibly protect babies from COVID-19.

RISKS FOR UNVACCINATED

- ✗ Higher risk of COVID-19 infection.
- ✗ Higher risk of serious infection, hospitalization, and death.
- ✗ Higher risk of being exposed to new mutations that are more contagious and dangerous.