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:
https://www.cdc.gov/coronavirus/2019-ncov/

For answers to Frequently Asked Questions, visit **Migrant Clinicians Network** (MCN): https://bit.ly/3ki1xAl

Updated: July 25, 2023

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
- For other options contact your health department or pharmacy.

Get one bivalent vaccine whether you have received the primary series or not. Adults 65 or older, the immunocompromised, and children 6months-5 years: seek guidance from a healthcare provider.

RECOMMENDATIONS

+ Get your updated vaccine.
+ Get your family updated vaccines.
+ Wear a mask in crowded in door or outdoor spaces, even when you are up to date on your vaccines.
+ If you are up to date on your vaccines and are exposed to COVID-19:

- Isolate
- If you have symptoms: Test 5 days after exposure. Stay home until you have no symptoms or symptoms are resolving and its been 24 hours since your last fever without medication.
- If you do not have symptoms: Test 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 of any age who are pregnant, breastfeeding, or trying to get pregnant, vaccines are critical for keeping moms and their babies healthy.
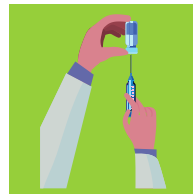
WHAT TO KNOW WHEN GETTING THE COVID VACCINE
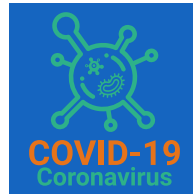
It is important to get vaccinated, even if you have had COVID-19.

Check if vaccines are offered for free at your state or local health department or pharmacy.
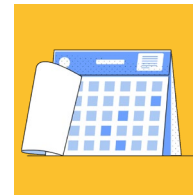
There are various types of vaccines. All vaccines against COVID-19 are safe and effective.
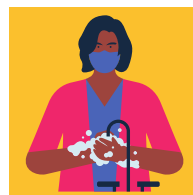
After vaccination you may experience: arm pain, headache, fever, or chills.

You will feel better a few days after your injection.

You are considered up to date once you receive your needed dose or doses.

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

✓ Antibodies from vaccinated women can pass to their babies and possibly protect babies from COVID-19.

RISKS FOR UNVACCINATED

X Higher risk of COVID-19 infection.

X Higher risk of serious infection, hospitalization, and death.

X Higher risk of being exposed to new mutations that are more contagious and dangerous.