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 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!
- As of December 2021, more than 179,000 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 women and their babies cannot get COVID-19 from the vaccine.

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 2 times more likely to need ICU care.
- Are 2 to 3 times more likely to need advanced life support and a breathing tube.
- Have a 70% increased risk of dying.
- Are at an increased risk of having a stillbirth or preterm birth.
- Increased risk of having a baby infected with COVID-19.

FOR MORE INFORMATION


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

Information last revised: January 6, 2022
**WHAT TO EXPECT AFTER YOU ARE VACCINATED?**

- **You will feel better a few days after your injection.**
- **You are considered fully vaccinated two weeks after your final dose.**
- **It is important to get vaccinated, even if you have had COVID-19.**
- **It is completely FREE and 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.**

**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, get tested 5-7 days after exposure, as the CDC recommends.
- 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.

**COVID-19 VACCINES ARE SAFE AND EFFECTIVE**

**Types of vaccines available in the US:**
- Pfizer
- Moderna
- Johnson & Johnson (J&J)

Get your initial doses now. Full protection kicks in after about two weeks. A booster or an additional dose is needed several months after completing your initial doses.

**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.

**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.