

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 vaccine is very safe for you and your baby, before, during, and after your pregnancy!**
- As of September 2023, **hundreds of thousands of pregnant women have been safely vaccinated against COVID-19.**
- There have been **no** reports of any increased risk of pregnancy loss, growth problems, or birth defects.
- The COVID-19 vaccine is not a live vaccine, 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?

The vaccine is free for most people, including those without insurance.

Check to see where to access the COVID vaccine for free:

- ✓ Talk to your OB/GYN
- ✓ Ask about mobile clinics and health fairs
- ✓ Health department
- ✓ Community health center
- ✓ Pharmacies near you
- ✓ **Speak with your employer** about getting the COVID-19 vaccine. They may be helpful in making arrangements to get a vaccine.
- ✓ **Find vaccines:**
<https://www.vaccines.gov/search/>

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/3ki1xAI>



Updated: September 19, 2023



Pregnancy, Breastfeeding, and the COVID-19 Vaccine

Get An Updated COVID Vaccine

COVID-19 Vaccine Awareness Campaign

COVID-19 VACCINES ARE SAFE AND EFFECTIVE



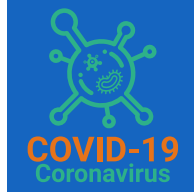
- Everyone ages six months and older should get an updated COVID-19 vaccine!
- People who were vaccinated before or have never been vaccinated get just one shot.
- **Some people get more than one shot:** children six months to 5 years, immunocompromised, and people 65 and older should talk to their doctor.

RECOMMENDATIONS

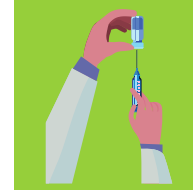
- + Get your updated vaccine.
- + Get your family updated vaccines.
- + Wear a mask in crowded indoor or outdoor spaces, even when you are up to date on your vaccine.
- + If you were exposed to COVID-19, follow these steps, even if you are vaccinated:
 - Wear a mask or respirator for 10 days.
 - If you get sick: Test immediately. If you have a negative test, test again in 48 hours.
 - If you don't get sick: Test at least 5 full days after exposure. If you test negative, test again after 48 hours, and then again after another 48 hours if your second results are negative. If you are positive, isolate!
 - If you have a positive test, see CDC guidelines for how to isolate.
 - If you get very sick, go to the doctor!
- + 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.



All vaccines against COVID-19 are safe and effective.



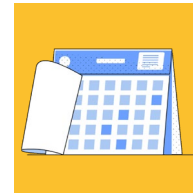
Check where vaccines are offered for free at your state or local health department, pharmacy, or health center.



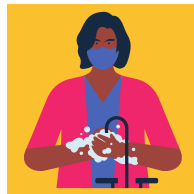
After vaccination you may experience: arm pain, headache, fever, or chills.



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

- ✗ 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.