

COVID 19 Vaccine for Pregnant and Lactating Individuals

FAQs

What we know about the effects of COVID 19 on pregnancy and pregnant women?

Data suggests that women who contract Covid 19 in pregnancy are at a significantly increased risk for severe disease.

Amongst the complications of COVID 19 in pregnancy are: Admission to the ICU, pre-term birth, and death..

Is the vaccine safe in pregnancy?

Recent data collected from animal studies do not indicate that there is any direct or indirect harm caused to female reproduction, embryo, or fetal development.
- American College of Obstetricians and Gynecologists

Unfortunately, pregnant women were not included in the initial vaccine studies. However, Pfizer is currently conducting a clinic trial on healthy pregnant women.

The CDC reported that more than 30,000 women have been vaccinated while pregnant. Surveillance data of these women shows there is no increased risk of complications.

What Covid vaccines are available?

The U.S. Food and Drug Administration (FDA) issued an Emergency Use Authorization (EUA) for the following vaccines

- ♦ Pfizer-BioNtech mRNA vaccine (BNT162b2): for use in individuals age 16 years and older as a 2-dose regimen given 3 weeks (21 days) apart.
- ♦ Moderna mRNA-1273 vaccine: for use in individuals age 18 and older as a 2-dose regimen given 1 month (28 days) apart.
- ♦ Janssen Biotech, Inc. (Johnson & Johnson) Ad26.COV2.S vaccine: for use in individuals age 18 and older as a single dose regimen.

Vaccine trials demonstrate that all of the above options for COVID 19 vaccine are highly effective against COVID 19 and severe disease related to COVID 19.

-CDC

Can the Covid vaccine cause infertility?

Claims suggesting that COVID vaccines can cause infertility have been scientifically disproven.

Non-pregnant individuals, especially those planning to become pregnant are highly encouraged to get the vaccine at the earliest opportunity to reduce chances of getting COVID or severe disease while pregnant.

There is no evidence or research that supports delaying vaccination for pregnancy or skipping any of your doses if you discover you are pregnant.

There is no evidence that shows that covid vaccines cause infertility. In fact, during the Pfizer vaccine trial 23 women volunteers became pregnant.

Content Sources:

American College of Obstetricians and Gynecologists ~ Vaccinating Pregnant and Lactating Patients against Covid 19

Society for Maternal Fetal Medicine ~ Provider Considerations for Engaging in COVID 19 Vaccine Counseling

Centers of Disease Control and Prevention ~ Understanding How Covid 19 Vaccines Work

This informational is brought to you by Ventura County Women's Health Specialist and Santa Paula Midwives
<https://www.venturacountywomenshealth.com/>

Can the vaccine harm my baby while I'm pregnant or breastfeeding?

There is no live virus in the COVID vaccine, so there is no risk of it infecting your baby through pregnancy or breastfeeding.

In fact, moms who are vaccinated could pass antibodies to the baby and protect them during the first few months of their life.

While lactating women were not included in the vaccine trials, it is not recommended for vaccines to be withheld from breastfeeding individuals.

How does the vaccine actually work?

MRNA Vaccines (Pfizer & Moderna) - your body will use information from the virus that causes COVID 19 to make copies of the coronavirus protein. Your body will then destroy the genetic material from the vaccine, but remember how to fight the virus if ever infected.

Vector Vaccines (Johnson & Johnson) - a modified virus is used containing material from the virus that causes COVID 19. The material will give instructions to your cells to make copies of the protein that is unique to the virus. Similar to the Pfizer and Moderna vaccines, your body will build special antibodies to fight the virus if you are ever infected.

Vector vaccines have been studied in pregnant women with no adverse outcomes.

What are the side effects?

The most common side effects include:

- soreness at injection site
- fatigue
- headache
- muscle pain
- chills and fever

If you develop a fever in pregnancy, you can safely take Tylenol.

On the day of vaccination, you will be asked to register with the CDC's V-Safe Tracker, for live tracking of your side effects and response to the vaccine.

How do I determine if the COVID vaccine is right for me?

Discuss with your healthcare provider about the risk and benefits of getting the vaccine while pregnant or breastfeeding.

If you have a high-risk condition such as pregnancy, diabetes, high blood pressure, obesity, heart disease or if you smoke, you are at higher risk of complications from COVID.

If you are frequently exposed to people outside of your home or if you are a health care worker, you are at higher risk of contracting COVID.

How do I register?

www.venturacountyrecovers.org
has more information on registering and scheduling your vaccine appointment



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