

Is it safe to get vaccinated during pregnancy, while breastfeeding, or when planning to get pregnant?

Yes! It is very safe for you and your baby. As of late August 2021, more than 139,000 pregnant women have been vaccinated against COVID-19. No problems occurred as a result of the COVID-19 vaccine in this group.

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.

Some immunity is likely passed from the vaccinated mother to the newborn.

How do I talk to women who are pregnant or breastfeeding about getting vaccinated?

Pregnant or breastfeeding women have many questions and hesitations about COVID-19 vaccines. They are concerned about the health of their babies. Share with them why it is so critical for them to get vaccinated.

COVID-19 Vaccines can protect two lives at once by preventing severe illness in both moms and babies.

Women who become ill with COVID-19 during pregnancy:

- Are 3 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 small increased risk of dying from COVID-19
- Are at an increased risk of having a stillbirth and preterm birth

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 OBGYN.

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.

FOR MORE INFORMATION



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



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

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Pregnancy and the COVID-19 Vaccine

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

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)



How long will it take for me to be fully vaccinated?

You are fully vaccinated **2 weeks** after your final dose.

RECOMMENDATIONS

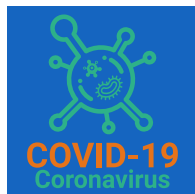
- + Get vaccinated.
- + Wear a mask when indoors even when you are fully vaccinated. And wear a mask in crowded outdoor settings.
- + If you are vaccinated and are exposed to COVID-19 follow CDC guidelines and get tested 3-5 days after exposure.



For women, MCN recommends:

- + For women who are pregnant, breast feeding 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, if available in your area.

WHAT TO EXPECT AFTER YOU ARE VACCINATED?



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.



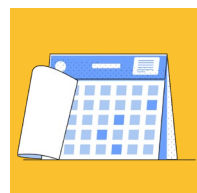
There are various types of vaccines. All vaccines against COVID-19 are safe and effective.



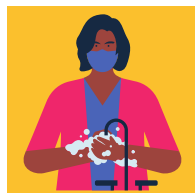
After vaccination you may experience: arm pain, headache, fever, or chills.



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, wash your hands, and maintain social distance.



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.

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.