

## 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.

## 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.

### FOR MORE INFORMATION

Visit Centers for Disease Control and Prevention:  
[www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)



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



Information last revised:  
**January 6, 2022**



## Pregnancy 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
- Johnson & Johnson (J&J)



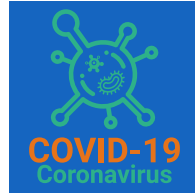
Get your initial doses now. Full protection kicks in after about **two weeks**. A booster or an additional dose is needed several months after completing your initial doses.

## 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.



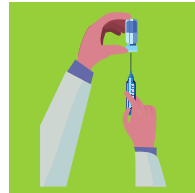
## WHAT TO EXPECT AFTER YOU ARE VACCINATED?



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.



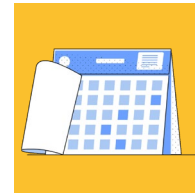
There are various types of vaccines. All vaccines against COVID-19 are safe and effective.



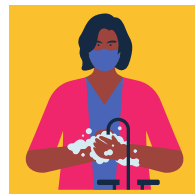
After vaccination you may experience: arm pain, headache, fever, or chills.



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.