

## 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.
- May be 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 COVID vaccines 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:** August 5, 2024



## Pregnancy, Breastfeeding, and the COVID-19 Vaccine

### Get An Updated COVID Vaccine

COVID-19 Vaccine Awareness Campaign

## COVID-19 VACCINES ARE SAFE AND EFFECTIVE



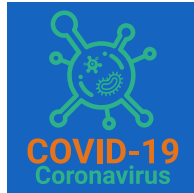
- Everyone ages six months and older should get a dose(s) of the 2024-2025 COVID-19 vaccine!
- People who have stayed up-to-date on their vaccinations get just one shot of a 2024-2025 Pfizer, Moderna, or Novavax COVID-19 vaccine.
- **Some people get more than one shot:** children six months to 5 years, those 12yrs+ who were not up-to-date on vaccines, immunocompromised, and people 65 and older should talk to their doctor.

## RECOMMENDATIONS

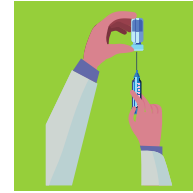
- + Get your 2024-2025 vaccine(s).
- + Get your family updated vaccines.
- + It's not 2020 anymore – but COVID is still making people very sick and we need to take steps to be safe and not spread it!.
- + If you get sick:
  - Testing is recommended but not required.
  - Stay home and away from others until you have been fever-free for 24 hours and you are improving
  - Then, wear a mask or respirator for 5 days after you have been fever-free for 24 hours
  - See CDC guidelines for more information.
  - 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.



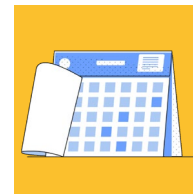
Check where vaccines are offered for free at your state or local health department, pharmacy, or health center.



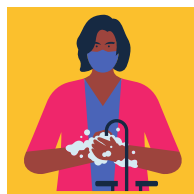
After vaccination you may experience: arm pain, headache, fever, or chills.



You will feel better a few days after your injection.



You are considered up to date once you receive your needed dose or doses.



Wash your hands and take steps not to spread COVID-19.



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.