

COVID-19 Vaccines: Addressing Pregnancy and Breastfeeding Concerns, A Guide for Community Service Providers



Overview

According to the Centers for Disease Control and Prevention (CDC), pregnant people are at increased risk for severe illness from COVID-19. Severe illness includes prolonged symptoms, hospitalization, intensive medical care (sometimes the use of a ventilator or special equipment to breathe), or illness that results in death. Pregnant people with COVID-19 may also be at increased risk of adverse pregnancy outcomes, such as preterm birth, compared with pregnant people without COVID-19. Pregnant people were on the CDC's list of priority groups who were eligible to receive the vaccine early due to increased risk.

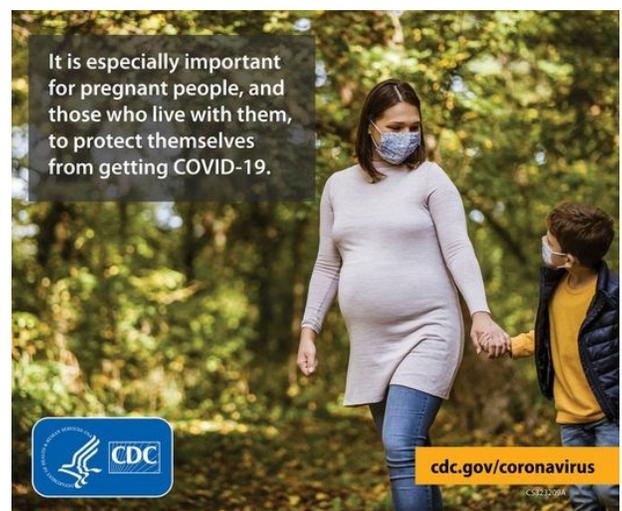
The CDC and Federal Drug Administration (FDA) have safety monitoring systems in place to gather information about COVID-19 vaccination during and after pregnancy. Data indicates no safety concerns for pregnant people or their babies after vaccination. In fact, early research shows benefits for mom and baby.

Addressing Misinformation

1. Unfounded claims linking COVID-19 vaccines to infertility have been scientifically disproven. The American College of Obstetricians and Gynecologists (ACOG) recommends vaccination for all eligible people who may consider future pregnancy.¹
2. mRNA vaccines do not interact with a person's DNA or cause genetic changes because the mRNA does not enter the nucleus of the cell, which is where our DNA is kept.²

Recent Studies Suggest Benefits to Mom and Baby when Mom is Vaccinated Against COVID-19

1. There was no difference in the proportion of adverse pregnancy outcomes among those vaccinated compared to the average rate among pregnant people in the past.³
2. Maternal vaccination provides protection against COVID-19 for baby through the placenta and breastmilk.⁴
3. Pregnant women report fewer side effects (headache, muscle aches, chills, fever) after vaccination compared to vaccinated non-pregnant women. Pain at the injection site was reported more often among pregnant women than among non-pregnant women.³



Resources for Pregnant or Breastfeeding People who Have Questions about COVID-19 Vaccine

MotherToBaby — Call 1-866-626-6847

Free and confidential. Help is available in English or Spanish by phone or live chat. You may also send an email at <https://mothertobaby.org/ask-an-expert/>.

Madison County COVID-19 Nurse Hotline — Call 315-366-2770 or email health@madisoncounty.ny.gov with your name and phone number. A nurse will call you to talk about your questions.

Sources

1. ACOG, www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/12/vaccinating-pregnant-and-lactating-patients-against-covid-19.
2. CDC, www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html.
3. NEJM, www.nejm.org/doi/full/10.1056/NEJMoa2104983.
4. AJOG, [www.ajog.org/article/S0002-9378\(21\)00187-3/fulltext](http://www.ajog.org/article/S0002-9378(21)00187-3/fulltext)