Your options:

Get a COVID vaccine as soon as it is available

Wait for more information about the vaccines in pregnancy

I’m pregnant. Should I get a COVID vaccine?

For most people, getting the COVID vaccine as soon as possible is the safest choice.

Although pregnant people were not included in the studies, data is emerging on people who are pregnant and got a vaccine. The information below will help you make an informed choice about whether to get a COVID vaccine while you are pregnant or trying to get pregnant.

Get a COVID vaccine as soon as it is available

Think about your own personal risk.

Look at the columns below and think about your risk of getting COVID (left) and think about your safety - are you able to stay safe (right)?

The risks of getting sick from COVID are higher if...

- You have contact with people outside your home
- You are 35 years old or older
- You are overweight
- You have other medical problems like diabetes, high blood pressure, or heart disease
- You are a smoker
- You are a racial or ethnic minority, or your community has a high rate of COVID infections
- You are a healthcare worker… it probably makes sense to get the vaccine.

If you are not at higher risk for COVID and...

- You always wear a mask
- You and the people you live with can socially distance from others for the whole pregnancy
- Your community does NOT have high or increasing COVID cases
- You think the vaccine itself will make you very nervous (you are more worried about the unknown risks than about getting COVID)
- You have had a severe allergic reaction to a vaccine … it might make sense for you to wait for more information.

Do you have more questions? Call your doctor or midwife to talk about your decision

Was this decision aid helpful? Please take a moment to give us feedback about this decision aid at https://is.gd/COVIDVac

Summary

1. COVID seems to cause more harm in pregnant people than in people of the same age who are not pregnant.
2. The risks of getting an mRNA COVID vaccine during pregnancy are thought to be small but are not totally known.
3. You should consider your own personal risk of getting COVID. If your personal risk is high, or there are many cases of COVID in your community, it probably makes sense for you to get a vaccine while pregnant.
4. Whether to get a COVID vaccine during pregnancy is your choice

Tell the CDC about your experience with the vaccine

If you get the vaccine, you will get a “V-safe information sheet.” Consider registering so we can better counsel people in the future.

Intended Use: This decision aid is intended for use by pregnant people who are considering getting a COVID-19 vaccine. It was created by the Shared Decision-Making: COVID Vaccination in Pregnancy working group at the University of Massachusetts Medical School – Baystate. This group consists of experts in the fields of OB/GYN, Maternal-Fetal Medicine, Shared Decision-Making and risk communication, Emergency Medicine, and COVID-19 research. This decision aid can be reproduced and distributed without additional permission.

Translations, references, more info available at: http://foamcast.org/COVIDvacPregnancy

Understanding COVID in pregnancy:

COVID is dangerous. It is more dangerous in pregnancy.

- Pregnant COVID patients are 5 times more likely to end up in the intensive care unit than non-pregnant COVID patients.¹
- Preterm birth may be more common.²

Updated March 17, 2021
We know that in studies done by Moderna and Johnson & Johnson, there were no adverse effects on female reproduction or fetal development. We know that in studies done by Moderna and Johnson & Johnson, there were no adverse effects on female reproduction or fetal development.

So far, the mRNA vaccines have been given to over 30,000 pregnant people in the US who registered with the CDC. Of these pregnancies, 275 have been reported as complete. The number of miscarriages in people who got the vaccine (15%) was about the same as we see in pregnant people who have NOT gotten a COVID vaccine (10–25%).

Birth defects were seen in the same number of people as in the general population who have NOT gotten a COVID vaccine (3–4%).

People getting the vaccine will probably have some side effects. This is a normal response by the immune system. These effects are more common after the second dose and in the mRNA vaccines but were not more common in pregnancy. The most common side effects are:

- Arm pain (~84%)
- Fatigue (~62%)
- Fever (~14%)
- Chills (~32%)
- Muscle pain (~38%)
- Joint pain (~14%)
- Nausea (~84%)
- Headache (~38%)

We do not know if the vaccines work as well in pregnant people as they do in non-pregnant people and there were no serious side effects reported. The COVID vaccines were tested in over 20,000 pregnant people, and there were no serious side effects reported.

The COVID vaccines prevent moderate and severe COVID. Getting a vaccine will prevent you from getting very sick with COVID.

The COVID vaccines may reduce spread. The vaccine may help keep you from giving COVID to people around you. As COVID infections go up in our communities, your risk of getting COVID will go up too. The COVID vaccines may provide some protection to the people around you who are not vaccinated.

What are the benefits of getting the COVID Vaccine?

- Each vaccine was tested in over 20,000 people, and there were no serious side effects.
- We do not know if the vaccines work as well in pregnant people as they do in non-pregnant people.
- There are no studies of pregnant people yet. There are no studies of pregnant people yet. However, because there are no studies of pregnant people in pregnant people, this is standard for a new drug and new people. This is standard for a new drug and new people. This is standard for a new drug and new people. This is standard for a new drug and new people.
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