



I'm pregnant!

Should I get the COVID vaccine?

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

Studies of thousands of pregnant people who got a COVID vaccine show it is safe and helps prevent COVID.

The information below will help you make an informed choice about whether to get the COVID vaccine while you are pregnant or trying to get pregnant.



Your Options



Get the COVID vaccine as soon as possible



Wait to get the vaccine

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 when a person has COVID.²



What are the benefits of getting the vaccine?

1. The COVID vaccines prevent severe COVID and death.

Getting a vaccine will prevent you from getting *very sick* with COVID.

2. 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 - and giving - COVID goes up too.

3. These vaccines have no live virus⁵ and do NOT contain ingredients that are known to be harmful to pregnant people or to the fetus.

Many vaccines are routinely given in pregnancy and are safe (for example: tetanus, diphtheria, and flu).

What are the risks of getting the vaccine?

- In the general population, millions of doses of the COVID vaccines have been given without serious side effects.
- For every million people who got a Pfizer or Moderna vaccine, fewer than 10 in a million had a severe allergic reaction. Common side effects are listed below.
- A study of over 35,000 pregnant people who got the vaccine showed no serious side effects.



What we do know

- In studies done by Moderna and Johnson & Johnson, there were no adverse effects on female reproduction or fetal development.^{6,7}
- So far, the mRNA vaccines have been given to over 100,000 pregnant people in the US who registered with the CDC.⁸
- A study of 2,456 pregnant people who got the vaccine at ≤ 20 weeks pregnant found no increased risk of miscarriage (12.8%). The rate of miscarriage was about the same as we see in pregnant people who have NOT gotten a COVID vaccine (10-25 %).⁸
- There was no increased risk of birth defects. Birth defects were seen in the same number of people as in the general population who have NOT gotten a COVID vaccine (3-4%).⁸

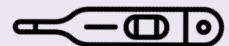
People getting the vaccine will probably have some side effects. These side effects are *not* worse in pregnant people.

Side effects are a normal response by the immune system. These effects are more common after the second vaccine dose. They were not more common in pregnancy. The most common side effects are:^{6,7,8}

- | | |
|-------------------|----------------------|
| • arm pain (~84%) | • muscle pain (~38%) |
| • fatigue (~62%) | • chills (~32%) |
| • fever (~14%) | • joint pain (~24%) |

Of every 100-500 people who get a vaccine, one will get a high fever (over 102°F).

- A persistent high fever during the first trimester might increase the risk of fetal abnormalities or miscarriage.
- The CDC recommends using acetaminophen during pregnancy if you have a high fever.



What do the experts recommend?

- ★ The CDC **recommends** the COVID vaccine for all people 12 years and older, including people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.⁹
- ★ The Society for Maternal-Fetal Medicine SMFM **recommends** that pregnant, postpartum, and lactating people and those considering pregnancy receive the COVID vaccine. Vaccination is the best method to reduce maternal and fetal complications of SARS-CoV-2 infection.¹⁰

- ★ The American College of Obstetricians and Gynecologists **recommends** that pregnant and lactating individuals be vaccinated against COVID.¹¹
- ★ The American Society for Reproductive Medicine **recommends** the COVID vaccine for women who are contemplating pregnancy or who are pregnant in order to minimize risks to themselves and their pregnancy.

What else should I think about to help me decide?

1

Make sure you understand as much as you can about COVID and about the vaccine.

Ask a trusted source, like your midwife or doctor.

If you want more information on specific vaccines and references, scan the QR code →



2

Think about your own personal risk. Also think about the people around you.

Look at the columns below and think about your risk of getting COVID (Left). 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 such as diabetes, high blood pressure, or heart disease
- ☐ You are a smoker
- ☐ Your community has low vaccination rates
- ☐ You are a healthcare worker¹³ or you work outside your home

If you checked any of these, it's safer to get the vaccine as soon as possible.

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

- ☐ You always wear a mask
- ☐ You and the people you live with can physically distance from others for the whole pregnancy
- ☐ Your family, friends, and community are all vaccinated
- ☐ You have had a severe allergic reaction to a vaccine

... you might choose to wait to get the vaccine. You need to know that without the vaccine, you are at higher risk of severe illness from COVID.

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 very small and no different than the risk of the vaccine for non-pregnant people.
3. Whether to get a COVID vaccine during pregnancy is your choice.
4. We recommend getting the vaccine as soon as possible to prevent severe infection in you and your loved ones.

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

Use this space to write questions you have for your midwife or doctor:

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



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.

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