

# COVID VACCINATION IN PREGNANCY AND LACTATION

The Covid-19 pandemic has caused tremendous stress and disruption to all of us. As your OB/GYN we care about your health, and for those pregnant moms, the well-being of your baby. Getting vaccinated for Covid-19 is the most important thing you can do to protect yourself and your baby against Covid. The vaccines are safe and effective and are essential to ending the pandemic. Vaccines protect you and those around you.

The **FDA** has given full approval for the Pfizer vaccine for all people aged 12 and older and emergency use approval for the Johnson and Johnson and Moderna vaccine. The Johnson and Johnson and Moderna are vaccines approved for emergency pandemic use, with full approval in process.

The Covid-19 vaccines have undergone thorough research and testing just like other vaccines we use routinely such as tetanus, whooping cough, flu, meningitis, etc. While there has been a worldwide attempt to develop Covid -19 vaccines rapidly, this does not mean that any safety standards have been relaxed. In fact, there are additional safety monitoring systems to track and monitor these vaccines, including real-time assessment.



The science is clear:

Pregnant women who become infected with Covid-19 have increased risk for pregnancy complications and personal health complications. These include getting a blood clot in the leg or lung, needing to be hospitalized and even intubated in intensive care, possible increased risk for high blood pressure in pregnancy, possible increased risk for delivery prematurely, possible death from Covid complications. Covid-19 infection increases the risk for complications during pregnancy for both the mother and the baby.

## “LONG COVID”

Covid-19 infections can cause “Long Covid” symptoms such as fatigue, pain, shortness of breath, digestive symptoms, and difficulty concentrating. These ongoing symptoms can be devastating even in people who had relatively uncomplicated initial infections. The vaccination will help reduce the chance of even becoming infected thus avoiding Long Covid.

### What Do Experts Say?

On July 30, 2021, the American College of Obstetrics and Gynecology and the Society of Maternal -Fetal Medicine announced recommendations that all pregnant and lactating acting women be vaccinated against Covid-19.

For a copy of that document, which includes all the science and research supporting their announcement please see our website

[FamilyCareNetwork.com/alert-info](http://FamilyCareNetwork.com/alert-info)

### Side Effects

Vaccines can cause temporary side effects such as a sore arm where the shot was given, muscle aches, fever, headache, and fatigue. These symptoms are not dangerous and do resolve on their own within a few days. The vaccine cannot cause a person to be "infected" since there is no virus in this vaccination. In extremely rare circumstances vaccines can cause a complication; but the risk for severe health problems from the infection itself and the high chance of becoming infected with Covid-19 are significant, so there is no question that the vaccine is by far the safest choice.



### Pregnant & Breastfeeding

Monitoring of pregnant and breastfeeding women who receive the vaccine show it to be just as safe and effective as in other women. The research shows the vaccine itself does not cross the placenta or go into breastmilk. However, the protective antibodies against Covid -19 infection do go to the baby and reduce their risk of getting sick.

### Misinformation

Claims linking Covid-19 vaccination to infertility are unfounded and have no scientific support. This vaccine is recommended for all eligible women aged 12 and older. The vaccine will not affect women's ability to have a baby now or in the future.

Claims linking Covid-19 vaccination to changes in the menstrual cycle or menses(period)also have no scientific support.