

COVID-19 Vaccine for OB Patients



What we know about COVID-19 in pregnant people:

Pregnant people who develop symptoms (fever, cough, and shortness of breath) with COVID-19 have a greater chance of becoming sicker with the virus than those who are not pregnant. This includes pregnant people who have chronic illnesses that put everyone, not just them, at a greater risk for severe illness. Additional high-risk conditions include diabetes, high blood pressure, asthma, and other conditions. COVID-19 vaccination is recommended and safe for all people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future. (For additional information, visit [CDC.gov](https://www.cdc.gov).)

Is the vaccine safe for me and my baby? Can it affect my unborn baby's development?

- The vaccine is safe for you and your baby. Numerous previous and ongoing studies have shown that the vaccines are safe and do not cause any harm to pregnant people or their unborn babies.
- As a reminder, the vaccines are much less of a risk to you and your baby than becoming infected with the COVID-19 virus.

Will the vaccine side effects affect my unborn baby?

- There is no evidence that these side effects have any impact on your unborn baby.
- Not everyone experiences side effects, but if you do, it is a sign that the vaccine is working. The most common ones with the current vaccines are soreness at the injection site, fatigue, headache, fever, and body, muscle, or joint aches. These should go away within a few days.
- Talk to your doctor about taking acetaminophen if you develop a fever or other vaccine-related side effects.

Should I wait until my second or third trimester to receive the vaccine?

- You should get the vaccines when they are available during any part of pregnancy, this includes the bivalent booster dose.

Should I get a COVID-19 vaccine if I am breastfeeding? Will the vaccine or any of its components pass through the breast milk to my baby?

- COVID-19 vaccines including a booster dose are safe and effective when given while you are breastfeeding.
- The vaccine is given in your arm, where your body finds the “spike protein” made by the vaccine and creates an antibody response that trains your immune system to fight the virus if the virus enters your body in the future.
- The vaccine itself will not pass through your breast milk.
- As your body creates antibodies, some may be found in breast milk. There is no reason for concern with this, and in fact, these antibodies may help boost your baby's immunity to the virus. Current studies are ongoing to learn more.

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COVID-19 Vaccine for OB Patients (Continued)



I just received or am planning to receive a non-COVID vaccine. Can I get the COVID-19 vaccine?

Yes, you can receive the Pfizer, Moderna, and J&J COVID-19 vaccine if you just received or are planning to receive a non-COVID vaccine.

If you plan to receive Novavax, please talk with your provider.

An anti-D immunoglobulin, such as RhoGAM®, can be given to those who are planning or have recently received a COVID-19 vaccine.

Which vaccine should I get?

- A mRNA vaccine (Pfizer or Moderna).
- The Johnson & Johnson/Janssen (J&J) vaccine is authorized when mRNA vaccines are not available, are not recommended, or are declined.
- Talk with your provider if you are interested in receiving Novavax.

After the Vaccination

- V-safe™ is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccine. During these check-ins, you will be asked questions about your pregnancy and medical history. Depending on your answers, someone from the Centers for Disease Control and Prevention (CDC) may call to check on you and get more information. Personal information and responses in v-safe are confidential and will be protected to the full extent allowed by law.
- The CDC is continuing to invite people who received the COVID-19 vaccine during pregnancy to participate in the v-safe COVID-19 Vaccine Pregnancy Registry. If you are enrolled in v-safe and report that you were pregnant at the time of vaccination or after vaccination, the registry staff may contact you to learn more. The data so far from the v-safe registry has continued to show safety for use during pregnancy.

- If you are unsure if you should get the vaccine, talk to your care provider.
- For the latest news about UPMC and the COVID-19 vaccine, please visit [UPMC.com/COVIDVaccine](https://www.upmc.com/COVIDVaccine).
- To learn more about the vaccine, please visit [cdc.gov/coronavirus/vaccine](https://www.cdc.gov/coronavirus/vaccine).

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