

# PREGNANCY & COVID-19

**“CDC recommends that pregnant people, breastfeeding, or those trying to get pregnant should be vaccinated against COVID-19, based on new evidence about the safety and effectiveness of the COVID-19 vaccines” -as of 8/11/2021**

## **Is the COVID-19 Vaccine Safe for Pregnant Women?**

More than 185 million U.S. residents have received at least one dose of the COVID-19 vaccine. Across the world, more than 4 billion doses have been given, making it one of the most widely administered vaccines in history. In turn, this also means it is the most widely studied and used vaccine in the history of modern medicine. The rate of miscarriages, stillborns and birth defects in vaccinated pregnant women is the same as or lower than the rate of those issues in non-vaccinated women.

## **Does the COVID-19 Vaccine Cause Infertility?**

There is no evidence the COVID-19 vaccine causes any problems with pregnancy, including the development of the placenta. There is also no evidence that female or male fertility problems are a side effect of any vaccine, including the COVID-19 vaccines.

## **What Vaccines Does the CDC Recommend During Pregnancy?** Flu, Tdap (27-36 weeks), COVID-19

## **What Vaccines Does the CDC Not Recommend During Pregnancy?** HPV, MMR, Live influenza vaccine (nasal flu vaccine), Varicella

## **How Does Pregnancy Change My Physiology?**

Lung volume changes to less reserve and you are more vulnerable to infections like H1N1 flu and COVID-19.

## **What Are My Risks of Contracting COVID-19 While Pregnant?**

- You are at increased risk of preterm birth, possible congenital anomalies, and other pregnancy related complications compared to women who are vaccinated.
- Lifetime disabilities may exist after contracting COVID-19 - Difficulty breathing or shortness of

breath, tiredness or fatigue, difficulty thinking or concentrating, cough, chest and/or stomach pain, headache, heart palpitations, joint and/or muscle pain, pins and needles, diarrhea, sleep problems, and long term cognitive impairment.

- You are 3 times more likely of being admitted in the ICU
- You are 2.4 times more likely to be intubated or receive ECMO
- You are 1.7 times more likely to die

## **What Is the National Vaccination Rate Among Pregnant Women?**

As of July 31, 2021 per the CDC, pregnant patients represent the lowest vaccination rate of any at-risk population at 23% vaccination rates.

## **What are you seeing locally with Pregnant Women and COVID-19?**

In the last 2 weeks, Ascension Sacred Heart Pensacola has admitted 8 healthy, unvaccinated patients, ages ranging from mid 20s to mid 30s. All moms required supplemental oxygen and 3 moms were admitted to the ICU with 1 needing intubation.

## **Why Should I Get Vaccinated?**

- Protect yourself and the vulnerable individuals around you - your baby, children, and adults with health conditions such as heart disease or cancer.
- Provide early protection to your baby with passive transfer of antibodies
- The delta variant is a more contagious COVID-19 strain and due to our community's low vaccination rates, local hospitals are seeing very high numbers of people needing hospital care. This influx is forcing hospitals to pause surgeries, like heart surgery and cancer surgery. Now, individuals in our community with non-COVID-19 medical conditions no longer have access to healthcare they normally might have received before COVID-19.