

COVID 19 and Pregnancy

While many of you have been watching and waiting for more data on the **COVID-19 vaccine and pregnancy/breastfeeding** before deciding on whether to be vaccinated, it's coming in now!

Below are **3 studies** that have recently been released. For those of you not wanting to read medical journals (come on, are we not the only ones who find that fun?) We have summarized the findings below. Links are attached for those who do want to read the entire article.

1. **Article 1-** based on over 35,000 women who were vaccinated during pregnancy, there was NO increased rate of adverse pregnancy outcomes for moms or babies and no worse side effect profiles after getting the vaccine compared to non pregnant women. The vaccines in this study were pfizer and moderna. <https://www.nejm.org/doi/full/10.1056/NEJMoa2104983>

2. **Article 2-** COVID vaccinated women pass on protective antibodies to their babies through the placenta and through breast milk. Antibody passage is much better for vaccinated women compared to women who had natural COVID infection. The vaccines in this study were pfizer and moderna. [https://www.ajog.org/article/S0002-9378\(21\)00187-3/fulltext](https://www.ajog.org/article/S0002-9378(21)00187-3/fulltext)

3. **Article 3-** Outcomes for moms and babies (both born and unborn) are MUCH worse for women who get COVID during pregnancy. This data is quite scary. COVID infection while pregnant is bad for moms and babies. <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2779182>

In a nutshell, **vaccines are safe, they work, and they prevent significant harm to you and your baby.** We do recommend you receive **Pfizer or Moderna** as the above data is from those 2 vaccines. Since J+J now carries a warning about the rare risk of a specific type of blood clot and since we know clotting risk is increased in pregnancy and postpartum we recommend the other two vaccines. The J+J vaccine uses a different technology than the Pfizer and Moderna vaccines.

If you want to be vaccinated, you DO NOT need to check with us first. If you still feel hesitant, please discuss your concerns with us at your visit.

We also encourage pregnant patients who receive the COVID-19 vaccine to participate in the [CDC's V-safe program](#). This program gathers as much data as possible to help others make informed decisions.

For more information on the considerations pregnant patients may discuss with their healthcare provider, please visit the CDC's [Vaccination Considerations for People who are Pregnant or Breastfeeding](#). VDH has created a video resource to share with patients called "[Sara Asks](#)" that is available in [many languages](#).