

Getting Vaccinated is a Personal Choice

As more people are being vaccinated, and communities are opening up, there is a shift in personal safety protocols.

According to the CDC, the vaccines:

1. "Are effective at preventing COVID-19 disease, especially severe illness and death," (CDC website) including against the Delta variant.
2. "Reduce[s] the risk of people spreading COVID-19." (CDC website)
3. Leaves a percentage that someone can be infected with COVID-19, experience symptoms and illness, and spread COVID-19. (See vaccine efficacy percentages below)

The CDC is continuing to learn:

1. How effective the vaccines are against new variants of the COVID-19 virus and the length of protection.
2. How well the vaccines protect people with weakened immune systems, including folks who take immunosuppressive medications.

Currently the CDC states everyone, vaccinated or unvaccinated:

1. Must wear masks indoors in public
2. Should pay attention to COVID-19 symptoms and exposures, if you have any symptoms get tested and stay home and away from others.

To continue to care for ourselves, vaccinated and unvaccinated community, immunocompromised community members, children, babies, and those who cannot get vaccinated, we need to take precautions to protect each other – especially as the Delta variant spreads. See our "What to Know About the Delta Variant" document.

The Maternal Coalition encourages community to:

1. **Wear face masks:** Wear face masks in public and at people's requests for their own safety.
2. **Use Hand Sanitizer:** Use hand sanitizer and/or wash your hands often with soap and water for at least 20 seconds.
3. **Sanitize:** Sanitize commonly touched areas and items.
4. **Consider your safety and community members' overall safety** when making decisions to see other people, go unmasked, travel etc.
 - When in groups of people, instead of asking if everyone is vaccinated (this is private medical information and people's own choice to disclose ask if people are comfortable being masked or unmasked, close, touching, want a hug, etc.).
 - Consider for yourself what you feel comfortable with.
 - Being cautious, thoughtful and communicative about sharing spaces helps protect unvaccinated people and vaccinated people alike.
 - Regardless of if someone is vaccinated or not, talk with your close people about what being "safe" means, consider which social gatherings to attend, staying home when sick, etc.
 - Make your postpartum and nursing support plan around these questions, how many people are you ok with being in your home? Around the baby unmasked? Touching the baby?
 - Make a support plan for postpartum and nursing support that includes things like food prep, running errands, grocery shopping, virtual calls and photo shares so loved ones can still be part of your birthing and parenting journey.

**For ways to stay in touch and get support during this time visit:
TheMaternalCoalition.org**

The Maternal Coalition
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Note: We are not medical professionals, this is not medical advice.

We are learning more about COVID-19 and vaccines everyday, this is an ever changing document. Please check our website for continued updates to this information.



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Pregnancy, Nursing, and the COVID-19 Vaccine

Stay informed on your rights and remember:
your body, your baby, your decisions.



What is the COVID-19 vaccine?

Currently there are three COVID-19 vaccines authorized for Emergency Use Authorization by the FDA. None of the vaccines has the live COVID-19 virus.

| | PFIZER | MODERNA | JOHNSON & JOHNSON |
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| Note | <i>Data shows the vaccine helps prevent symptoms, illness and severe disease but it's unclear if it prevents us from carrying the virus and spreading it to others.</i> | <i>Data shows the vaccine helps prevent symptoms, illness and severe disease but it's unclear if it prevents us from carrying the virus and spreading it to others.</i> | <i>Data shows the vaccine prevents symptoms, illness and severe disease, and early evidence suggests it might protect against infection of COVID-19. Women 50 and younger should be aware of the rare risk of blood clots with low platelets after receiving this vaccine.</i> |
| Kind of Vaccine | mRNA (see details below) | mRNA (see details below) | Viral vector vaccine (see details below) |
| Doses | 2 doses; 21 days apart | 2 doses; 28 days apart | 1 dose |
| Effectiveness* | 95% effective at preventing COVID-19 infection after 2 doses. | 94% effective at preventing COVID-19 infection after 2 doses. | 66% effective at preventing moderate to severe COVID-19 infections after 1 dose. |
| Age | 12 years and older | 18 years and older | 18 years and older |
| Protection | People are considered fully protected two weeks after the second dose is received. | People are considered fully protected two weeks after the second dose is received. | People are considered fully protected two weeks after the dose is received. Women who are 50 and younger should look out for any symptoms of a blood clot with low platelets. For three weeks after the vaccine, look for: <ul style="list-style-type: none"> • Severe or persistent headaches or blurred vision, • Shortness of breath, • Chest pain, • Leg swelling, • Persistent abdominal pain, • Easy bruising or tiny blood spots under the skin beyond the injection site. Seek medical care immediately if one or more of these symptoms develop. |

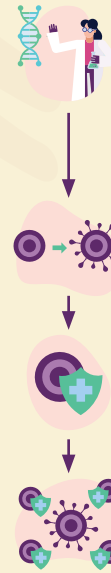
**All three vaccines cannot be compared in their efficacy and can only be compared in a clinical trial comparing the different vaccines from each other.*

After receiving the vaccine you'll be monitored for 15 minutes in case you have a reaction. Common side effects are pain in muscle around the injection site, muscle pain, dizziness, fatigue, nausea, fever, stomach upset.

Information about the vaccines and their impacts are still developing, check with your provider about which vaccine is the best fit for you as a pregnant and/or nursing person.



HOW DO THESE VACCINES WORK?



There are RNA and Viral Vector vaccines:

- **RNA vaccines:** Part of the virus's genetic code is turned into a vaccine.
- **Viral Vector vaccines:** A different, modified, harmless virus (the vector) is turned into a vaccine.
- These different approaches do the same thing, just in different ways. Viral Vector vaccines have been used in the past for other vaccines.

Once injected, the vaccine enters cells and tells them to create coronavirus spike proteins (protruding spikes that bind to cells to infect them).

The body's immune system responds by creating antibodies and activates T-cells to destroy any cells that have spike proteins.

If the patient later gets coronavirus, the body calls on the antibodies created and T-cells to fight the virus.

PREGNANCY, NURSING AND THE COVID-19 VACCINE

Recent data is showing pregnant people and recently pregnant people are at an increased risk of severe illness and/or hospitalization when they are symptomatic, COVID positive.

The CDC now states COVID-19 vaccines are recommended for people who are pregnant, trying to get pregnant now, might become pregnant in the future and for nursing people.

"...data suggest that the benefits of receiving a COVID-19 vaccine outweigh any known or potential risk of vaccination during pregnancy" (CDC website)

There is limited data or results about the impacts of the vaccine on lactating and nursing people, although the CDC still recommends vaccination. CDC studies show vaccine-generated antibodies are passed to the newborn both in utero, through the umbilical cord, as well as through body milk.

Pregnant and nursing people are eligible for the vaccine, to find a vaccine site near you, check out: [vaccines.gov](https://www.cdc.gov/vaccines) site

DISCUSS WITH YOUR CARE PROVIDER:

- ❓ Your exposure to COVID-19, risk levels to you and your family, precautions you're taking, etc.
- ❓ What is known about the vaccine: how well does it protect you, known side effects, and information regarding the vaccine and pregnancy.

It is ok to be unsure about receiving this vaccine, especially for Black and Indigenous communities, due to histories of medical violence. Consider what feels safe to you and your family. Ask your health care providers questions for clarification, updated information and seek out your support people in your decision making.

"Getting vaccinated is a personal choice for people who are pregnant."

"People who are breastfeeding... may choose to be vaccinated."

- CDC website