



## COVID-19 in Pregnancy

We understand your concern and anxiety related to the current COVID-19 pandemic and the deluge of information surrounding it. Please understand that the known information about this virus is limited and changing daily. Here is what we currently know about pregnancy: Currently the available information on COVID-19 does not show that pregnant women are at increased risk from the disease. However, because we know that pregnant women are at higher risk from getting sick from the flu and other viral illness, we are considering pregnant women to be an at-risk population. We do not yet have information on whether the virus can cross the placenta to the baby but the limited data we have so far shows that it doesn't. What does this mean? Pregnant women, like the rest of the population should take precautions to protect themselves from getting the virus as best they can. See below for more information

### Spread:

COVID-19 or corona virus is spread through droplets. The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.\*\*please note that an infected person may not have symptoms for up to a week after they contract the disease. This is why it is recommended not to be around multiple people for the next few weeks
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- These droplets can also land on nearby surfaces and potentially live for up to three days, therefore another person can get the virus by touching a table, door handle, phone etc and then touching their face/or mouth.

### Prevention:

- The best way to prevent transmission is to stay away from people as much as you can. Because someone may not show symptoms immediately it is not enough to avoid those people that are sick. Self isolate as best as you can.
- Wash your hands and the surfaces that you touch or your food touches regularly at both home and work.
- Cover your mouth with your elbow when you cough and sneeze.
- DO NOT GO to work or any appointment if you think you may be sick.

### Symptoms:

The most common symptoms of COVID-19 are:

1. Fever over 101
2. Dry cough
3. Shortness of breath
4. Other, less common symptoms are: generalized achiness, upper respiratory symptoms like runny nose, sore throat, loss of smell, GI upset



### What to do if you think you might be sick:

- If your symptoms are mild and you can breathe normally, it is best to stay home and treat your symptoms with over the counter medications.
  - Medications and other remedies that are safe in pregnancy to try: Tylenol 1000mg every 8 hours for fever and aches, Mucinex DM twice daily, robitussin, cough drops, humidifier, hot showers \*\*Avoid ibuprofen, motrin or advil
  - STAY HOME and avoid contact with family members if possible until you are free of symptoms for at least 24 hours.
- If your fever is over 102 and does not come down with Tylenol or you feel that you can not catch your breath, you may qualify for testing.
  - Call your primary care office to see if they recommend testing and have testing available.
  - Banner has 4 drive-through testing locations in Arizona. Go to <https://www.bannerhealth.com/patients/patient-resources/covid-19/testing> for more information and to see if you qualify.
  - Southwest Contemporary Women's Care does not have the ability to test at this time but we can provide information.
- If your symptoms are severe and you can not breathe, proceed to the nearest emergency room
  - Please note the ER does NOT have tests available unless you are severely ill.

### At the office:

In an effort to protect our patients and our staff members, we have enforced a **no family member policy for all visits to the office**. Please leave your family members at home or in the car when you come to visits. If you have any possible symptoms of COVID 19, please call and we can work with you to reschedule your appointment or set up a Telehealth visit. We will also be checking for symptoms and temperatures at the door.

### At the hospital:

Please note that in an effort to prevent transmission and keep you and your baby safe, significant restrictions have been placed on the number of visitors allowed at Banner Desert. **All patients are only allowed ONE support person and a doula**. These people must be healthy. No children under 13 are allowed as visitors. **Patients may enter through the hospital's Maternity entrance**.

### Resources we recommend for more information and updates:

CDC FAQ for pregnancy: [https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html)

CDC site on corona virus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

American College of Obstetricians and Gynecologists: <https://www.acog.org/womens-health/faqs/coronavirus-covid-19-pregnancy-and-breastfeeding>



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Society for Maternal-Fetal Medicine

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Last updated: October 5, 2021

# COVID-19 Vaccination if You Are Pregnant or Breastfeeding

**The Society for Maternal-Fetal Medicine (SMFM) and other pregnancy experts recommend that pregnant and lactating people be vaccinated against COVID-19. The Centers for Disease Control and Prevention (CDC) also recommend vaccination for “all people aged 12 years and older, including people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.” Vaccination is the best way to reduce the risks of COVID-19 infection and COVID-related complications for both you and your baby.**

Three vaccines are available to prevent COVID-19:

- The two-dose Pfizer vaccine for people 12 years and older—APPROVED by the US Food and Drug Administration on August 23, 2021
- The two-dose Moderna vaccine for people 18 years and older—AUTHORIZED for emergency use
- The one-dose Johnson & Johnson vaccine for people 18 years and older (you may also see this vaccine referred to as the “Janssen vaccine”)—AUTHORIZED for emergency use

For those receiving the Pfizer and Moderna vaccines, the second dose is given 21 days (Pfizer) and 28 days (Moderna) after the first dose.<sup>1</sup> The Johnson & Johnson vaccine is only one dose.<sup>2</sup>

[Anyone can get the COVID vaccines](#) free of charge regardless of immigration status or whether they have insurance. You may be asked for your social security number, but it is NOT required to get vaccinated.

## Information for Pregnant Individuals

If you are pregnant or planning to become pregnant and are thinking about getting vaccinated, consider talking with your health care professional about the vaccine.

To help with your decision, you should consider the following key points:

### What are benefits of getting the COVID-19 vaccines during pregnancy?

- The vaccines can help protect you from getting COVID-19. With the two-dose vaccines, you must get both doses for maximum effectiveness. It's not yet known how long protection lasts.
- Another potential benefit is that getting the vaccine while pregnant may help you pass anti-COVID-19 antibodies to your baby. In numerous studies of vaccinated moms, antibodies were found in the umbilical cord blood of babies and in the mother's breastmilk.<sup>3</sup>
- The CDC, along with other federal partners, are monitoring people who have been vaccinated for serious side effects.<sup>4</sup> So far, more than 139,000 pregnant people have been vaccinated. No unexpected pregnancy or fetal problems have occurred. There have been no reports of any increased risk of pregnancy loss, growth problems, or birth defects.<sup>5</sup>
- A safe vaccine is generally considered one in which the benefits of being vaccinated outweigh the risks. The current vaccines are not live vaccines. There is only a very small chance that they cross the placenta, so it's unlikely that they even reach the fetus. Vaccines don't affect future fertility. The only people who should NOT get vaccinated are those who have had a severe allergic reaction to vaccines in the past or any vaccine ingredients.
- Side effects may occur in the first 3 days after getting vaccinated.<sup>1</sup> These include mild to moderate fever, headache, and muscle aches. Side effects may be worse after the second dose of the Pfizer and Moderna vaccines.<sup>6, 7</sup> Fever should be avoided during pregnancy, especially in the first trimester. Those who develop a fever after vaccination can take acetaminophen (Tylenol). This medication is safe to use during pregnancy and does not affect how the vaccine works.

### What are the known risks of getting COVID-19 during pregnancy?

About 1 to 3 per 1,000 pregnant women with COVID-19 will develop severe disease. Compared with those who aren't pregnant, pregnant people infected by the COVID-19 virus:

- Are 3 times more likely to need ICU care
- Are 2 to 3 times more likely to need advanced life support and a breathing tube
- Have a small increased risk of dying due to COVID-19

They may also be at increased risk of stillbirth and preterm birth.<sup>8-10</sup>

### What is my risk of getting COVID-19?

Your risk of getting COVID-19 depends on the chance that you will come into contact with another infected person. The risk may be higher if you live in a community where there is a lot of COVID-19 infection or work in healthcare or another high-contact setting.

## What is my risk for severe complications if I get COVID-19?

Data show that older pregnant women; those with preexisting health conditions, such as a body mass index higher than 35 kg/m<sup>2</sup>, diabetes, and heart disorders; and Black or Latinx women have an especially increased risk of severe disease and death from COVID-19.<sup>8-10</sup>

If you still have questions about the vaccines or need more information, ask your health care provider or go to the Centers for Disease Control and Prevention's [COVID-19 vaccine webpage](#).

### Booster Shots Are Recommended for Pregnant People

Although being fully vaccinated provides great protection against hospitalization and serious illness from COVID-19 infection, vaccine effectiveness may decrease over time. This happens with other vaccines as well, like tdap. An extra shot can boost the immune response and give improved protection against COVID-19. **SMFM and other expert organizations recommend the Pfizer booster shot for all pregnant people, including healthcare workers, beginning 6 months after completing the initial 2-shot Pfizer vaccination series. The booster may be given at any time during or after pregnancy.**

## Information for Breastfeeding/Lactating Individuals

The Society for Maternal-Fetal Medicine and other pregnancy experts recommend COVID-19 vaccination for people who are breastfeeding/lactating. You don't have to delay or stop breastfeeding just because you get vaccinated.

## Getting Vaccinated

You can get vaccinated at any time during pregnancy. The CDC is committed to monitoring the vaccine's safety for all individuals. Your health professional or vaccine clinic may give you information about enrolling in the [v-safe after vaccination health checker](#) (see the box below).

Even after you're fully vaccinated, it is important to follow the [CDC's guidance](#) for wearing a mask indoors in areas where there are substantial or high rates of COVID-19 infection. You can check the infection rate in your area [here](#).

## What Happens When You Enroll in v-Safe?

The [v-safe after vaccination health checker](#) program lets the CDC check in with you after your vaccination. At sign-up, you can indicate that you are pregnant. Once you do that, expect the following:

- Someone may call you from the v-safe program to ask initial questions and get more information.
- You may be asked to enroll in the vaccine pregnancy registry, which is collecting information about any effects of the vaccine during pregnancy. This is a great way to help scientists monitor the vaccine's safety and effectiveness.

## References

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