

Continued Precautions

There is still a lot we do not know about the effects of the vaccine. Data shows the vaccine prevents symptoms, illness and severe disease but it's unclear if it prevents spreading it to others. This means, **even if we've been vaccinated, we still need to:**

WEAR FACE MASKS

Recommendations as of January are to wear a mask with layers: cloth mask with multiple layers, 3 ply surgical mask, KN95 mask or cloth mask double layered with a disposable mask.

Wash your hands before and after touching your mask, use the ties and ear loops to take off, put on and adjust.

Should cover your nose and mouth snugly fitting over your chin.

Wash and dry your mask daily.

SOCIAL DISTANCE

People who are pregnant are more likely to experience severe illness and hospitalization, consider your overall safety when making decisions to see other people once you've been vaccinated.

The CDC has recently stated, vaccinated people can spend time indoors with a small group of other vaccinated people without masks and physical distancing. Vaccinated people can spend time indoors with a single household of unvaccinated people with masks or distance.

Take precautions when visiting unvaccinated people, wearing masks, distancing, meeting outside etc.

CAN WE GATHER?

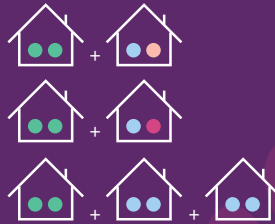
- Fully vaccinated
- Unvaccinated + low risk
- Unvaccinated + high risk
- Unvaccinated + high risk who is not at home at time of gathering
- 🏠 Single household

NO PROTECTION NEEDED



PROTECTION NEEDED

- Mask
- Distance
- Hand washing



USE HAND SANITIZER

Use hand sanitizer and/or wash your hands often with soap and water for at least 20 seconds.

SANITIZE

Sanitize commonly touched areas and items.

AVOID CROWDS

Avoid crowds, limit travel and follow quarantine orders.

Make a support plan for postpartum 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! Check out our website for ways to stay in touch and get support.

For ways to stay in touch and get support during this time visit:
[TheMaternalCoalition.org](https://www.thematernalcoalition.org)

The Maternal Coalition
info@thematernalcoalition.org

Last updated: March 2021

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.

Pregnancy 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	PFIZER	JOHNSON & JOHNSON
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 prevents symptoms, illness and severe disease, and early evidence suggests it might protect against infection of COVID-19.</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.	67% effective in preventing moderate to severe COVID-19 infections and 77% effective in preventing severe/critical infections, 14 days after vaccination. 28 days after vaccination, it is 66% effective in preventing moderate to severe COVID-19 infections and 85% effective in preventing severe cases of illness.
Age	16 years and older	18 years and older	18 years and older
Protection	People are considered fully protected one to two weeks after the second dose is received.	People are considered fully protected one to two weeks after the second dose is received.	People are considered fully protected 15 days after, with most immunity at 28 days.

*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.

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

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

- CDC website

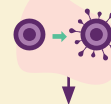


HOW DO THESE VACCINE WORK?



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 AND THE COVID-19 VACCINE

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

Currently, there is no published information or results from a clinical trial about the impacts of the vaccine on pregnant, lactating, and nursing people and infants or on milk production/excretion. Recent studies (as of March 2021) show vaccine generated antibodies are passed to the newborn both in utero, through the umbilical cord, as well as through body milk. The CDC and government guidelines currently state that the vaccine is safe for everyone.

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.

WHEN CAN PREGNANT PEOPLE GET THE VACCINE?

The CDC, states, and local public health jurisdictions have different phases of vaccine timing. Depending on where you live and risk levels, the vaccine will be accessible at different times. For example, if you are pregnant and an essential worker you qualify for the vaccine under A1/A2, if not as a pregnant person you currently qualify at B2 according to Washington State's COVID Vaccine Phases. See the Washington State COVID Vaccine Phases [here](#).

At **Find Your Phase WA** you can complete a questionnaire that helps determine when you'll be eligible for the vaccine.

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.
- ❓ In which phase you are eligible to receive the vaccine.