

Pregnancy and the mRNA COVID-19 Vaccines | Helpful information and resources

You and your baby's safety is our highest priority. Oregon Perinatal Collaborative is here to help you make a vaccination decision that's best for you and your family. The below information reflects information about the 2 available vaccines (Pfizer & Moderna) that use mRNA technology.

Due to limited information about COVID-19 vaccination in pregnant people, you may hear varying information from public and professional organizations. We will monitor available information and update this document as necessary. *Below CDC link provides more information on considerations for individuals as they make a decision about vaccination during pregnancy.*

We support The American College of Obstetricians and Gynecologists (ACOG) and Society of Maternal Fetal Medicine's continued recommendation (reaffirmed 1/27/21) that pregnant people have access to the mRNA COVID vaccinations (today includes Pfizer & Moderna) and make their own informed decision when they are part of a group that is prioritized. Even if you were sick with COVID-19 in pregnancy, vaccination should be available to you, though prioritization/vaccination timing may vary based on when you were sick.

mRNA Vaccine Benefits	mRNA Vaccine Risks	COVID-19 Risks While Pregnant
<ul style="list-style-type: none"> • Determined safe and highly effective (~95%) in preventing COVID-19 infections and may also keep you from getting seriously ill even if you do get COVID-19. • Approved the same way other vaccines and drugs are tested. • Does not contain anything that is known to be harmful to pregnant people OR the baby OR during breastfeeding. • Cannot give you COVID-19. • The data was carefully reviewed prior to making it available. • Was tested on pregnant animals and there were no significant bad effects found in relation to fertility or baby's development. 	<ul style="list-style-type: none"> • The vaccine has not been tested in pregnant or lactating people. • The goal of the vaccine is for your body to experience an immune response. This could include headaches, fatigue, a low-grade fever, and body aches. 	<ul style="list-style-type: none"> • While chances of severe health effects are low, pregnant people with COVID-19 are more likely to end up in the intensive care unit (ICU) and are more likely to die of COVID-19 than non-pregnant people of reproductive age with COVID-19. • Pregnant people who have COVID-19 may have an increased chance of pre-term birth or other adverse pregnancy outcomes.

Those who receive a COVID-19 vaccine must continue to wear a mask in combination with other measures, such as frequent hand washing and physical distancing.

A vaccine can limit the spread of the disease by helping to protect you and those around you. This vaccine is our best approach at stopping COVID-19. If you decide to get vaccinated, check with your local department of health for the latest guidance and timing for vaccine eligibility in your area.

Where can I get more information?

- [FDA COVID-19 vaccine information](#)
- [CDC COVID-19 vaccine information-Pregnant or Breastfeeding](#)
- [ACOG COVID 19-Message for Patients](#)
- [American Academy of Pediatrics guidance](#)
- [The Society for Maternal-Fetal Medicine-COVID Vaccine Advice](#)