



# Having a Baby?

## Protect Yourself and Your Baby Against COVID-19

When you're pregnant, nothing is more important than protecting you and your baby. Getting vaccinated and boosted against COVID-19 is now a normal part of helping to ensure you have a healthy pregnancy.



### Getting vaccinated and boosted is the best protection for you and your baby against COVID-19.

- ▶ The Centers for Disease Control and Prevention recommends COVID-19 vaccination and boosters for everyone who is pregnant, breastfeeding, or thinking about becoming pregnant.
- ▶ Your immune system changes during pregnancy, which means COVID-19 illness can be more serious if you are pregnant, you can become very sick, and COVID can affect your pregnancy.
- ▶ Because pregnant patients are at increased risk, the vaccine is important to help you and your baby stay safe.



### COVID-19 vaccines are safe and effective for pregnant people.

- ▶ Millions of pregnant people have safely received the COVID-19 vaccine.
- ▶ When you get vaccinated, you pass your antibodies (protection against COVID-19) to your baby.
- ▶ COVID-19 vaccines work very well to reduce severe COVID-19 illness and hospitalization. Some people experience mild side effects for 1-2 days after being vaccinated (such as a sore arm, headache or body aches), similar to other vaccines.



### Talk to your doctor.

- ▶ Pregnant people can experience severe complications and even death if they get COVID-19 during pregnancy.
- ▶ If you have symptoms or test positive for COVID-19, call your OB provider right away to discuss important treatment options to reduce your risk of serious illness.
- ▶ Your OB provider is your partner in helping you deliver a healthy baby. They will give you the best information on how to protect you and your baby.

**Kntrice planned to get the COVID-19 vaccine after giving birth. But after becoming pregnant, she became severely ill with COVID-19 and was in the hospital for two months.**

She thought she would not survive. Luckily, she did, and she and her son are healthy and doing well. While still in the hospital, Kntrice decided to get vaccinated against COVID-19. Here's her advice to other pregnant people: "If I had to do it all over again, I would have gotten vaccinated sooner. You do not want to experience what I went through. I'm grateful to be here. I'm grateful to be alive. Talk to your doctor, do the research, ask questions, and make the best decision for you and your family."

**Scan to Watch Kntrice's Story.**

