



How To Stay Safe From COVID-19 During – and After – Pregnancy



It has been 2 years since the start of the COVID-19 pandemic. There is a lot of information. Many of us are not sure what to believe. Health Plan of San Joaquin (HPSJ) wants you to **ASK, LEARN and then DECIDE** what is best for you.

Pregnant women are more likely to have severe disease if they get sick with COVID. This could lead to:

- Hospital stays
- Using a breathing machine
- Risk of early birth
- Risk of death of mother or the unborn baby

Pregnant women have a higher risk of long-term COVID symptoms. Those can last 8 weeks or more. Children less than 1 year old have a lower risk from COVID, but they can still get sick and spread COVID to others.

There are three different COVID vaccines available in the U.S.

Pfizer and Moderna

- mRNA vaccine which helps the body recognize COVID and later fight it
- 2 doses and a follow up booster
- More than 90% effective at preventing severe illness

Johnson & Johnson

- Like a traditional vaccine to help protect you
- 1 dose and should be followed up with a booster
- More than 70% effective at preventing severe illness

Pfizer and Moderna have full **FDA approval**. Johnson & Johnson has FDA emergency use authorization. All of the vaccines are safe for pregnant women and unborn babies.

- Common side effects are tiredness, muscle aches, arm pain at the injection site, headache, chills, fever, and nausea.
- Johnson & Johnson has had reports of blood clots in the brain. Those reports were investigated and found to be extremely rare.

Doctors with the American College of Obstetricians and Gynecologists (ACOG) and the Society for Maternal-Fetal Medicine (SMFM) recommend that all pregnant people get vaccinated.

Visit SJReady.org or schsa.org/coronavirus to schedule a vaccine appointment

For more, go to:

www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html
www.acog.org/womens-health/faqs/coronavirus-covid-19-pregnancy-and-breastfeeding

For more about Johnson & Johnson visit: www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/janssen.html

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