

Did you know?

- **Pregnant people are at increased risk for severe illness from COVID-19.** Compared to non-pregnant people with COVID-19, pregnant people with COVID-19 are at higher risk of developing respiratory complications, being admitted to the intensive care unit (ICU), requiring life support measures (e.g., mechanical ventilation), or having a preterm birth.
- **COVID-19 vaccines are safe and were rigorously tested** before being authorized by the Federal and Drug Administration (FDA) for use in the U.S. Hundreds of millions of people of all ages and races across the world, including those with underlying illnesses, have safely received COVID-19 vaccines. Pfizer-BioNTech COVID-19 Vaccine is fully FDA approved for ages 16 and up.
- **COVID-19 vaccines do not carry a live COVID virus, so you can't get COVID-19 from them.**
- **You may have some side effects, which are normal signs that your body is building protection.** Side effects reported include injection site pain and swelling, fatigue, headache, muscle aches, joint pain, and fever. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.
- **Pregnant or recently pregnant people can receive any FDA-authorized COVID-19 vaccine.** All of the FDA-authorized vaccines are effective and help prevent severe disease, hospitalizations, and death. Of note, all women younger than 50 years old—regardless of whether they are pregnant or recently pregnant—should be aware of the rare but increased risk for thrombosis with thrombocytopenia syndrome (TTS) with the Johnson & Johnson/Janssen COVID-19 vaccine. TTS is a rare condition that involves blood clots with low platelets.

¹ References: The Centers for Disease Control and Prevention and the American College of Obstetrics and Gynecology

² <https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/12/vaccinating-pregnant-and-lactating-patients-against-covid-19>

Frequently Asked Questions



Can I get the vaccine if I am pregnant?

The American College of Obstetrics and Gynecology (ACOG) recommends that that all pregnant people be vaccinated against COVID-19.² Pregnant people are more likely to get severely ill from COVID-19 and those with COVID-19 are possibly at increased risk of preterm birth. There is growing evidence that supports the use of COVID-19 vaccines in pregnancy as it can protect you and your baby.



What if I want to get pregnant?

There is currently no evidence that COVID-19 vaccines cause fertility problems. If you are trying to become pregnant, you do not need to avoid pregnancy after receiving a COVID-19 vaccine. There is also no recommendation for routine pregnancy testing before receiving a COVID-19 vaccine.



What if I'm breastfeeding?

COVID-19 vaccination of the mother does not pose a risk to their breastfeeding infants. FDA-authorized COVID-19 vaccines cannot cause infection in either the mother or the infant. Therefore, lactating people can receive a COVID-19 vaccine. Research shows that vaccinated people who breastfeed can pass COVID-19 protection to their babies.

COVID-19 Vaccine Fast Facts for Pregnant and Breastfeeding People¹

Anyone who is pregnant or breastfeeding should consider getting a COVID-19 vaccine. Everyone 12 years of age and older is now eligible to get a COVID-19 vaccination. Read the facts here and talk with your healthcare provider if you have questions.

GOVAX
Let's end COVID, Maryland.



covidlink.maryland.gov



1-855-MDGOVAX (1-855-634-6829)
from 7 a.m. to 10 p.m. seven days a week

 **Maryland**
DEPARTMENT OF HEALTH

1. Preparing to get your vaccine

Book Appointment



Vaccinations are available by appointment or at walk-up clinics daily throughout Maryland.

To find a free site near you, visit covidvax.maryland.gov.

Get Ready



If you are getting your vaccine at a pharmacy or your healthcare provider office, you may need to bring your proof of appointment and a form of ID (a license, passport, or piece of mail that says who you are).

2. Getting your vaccine

Arrive



Check-in & show your proof of appointment.

Get Your Vaccine



Get your vaccination card.



You will have to wait 15 minutes after your vaccine to check for allergic reactions.



While you are waiting, use your smartphone to sign up for V-SAFE. You can use V-SAFE to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose. Go to vsafe.cdc.gov/en/ to register.

Plan for your 2nd Dose



Confirm your appointment for a second vaccine (if needed).

3. After your vaccine

Take Care



Side effects can occur after receiving any of the available COVID-19 vaccines. If you experience fever following vaccination you can take acetaminophen (Tylenol®).



If you have severe symptoms, call your healthcare provider. You can also submit a report on any adverse event to the Vaccine Adverse Event Reporting System (VAERS) available at vaers.hhs.gov or by calling **1-800-822-7967**.

Stay Safe



Continue to follow CDC guidelines.

Spread the Word



Tell your friends and family about your experience and encourage them to get vaccinated.

To learn more about vaccinations, testing, and COVID-19 in Maryland, visit covidlink.maryland.gov