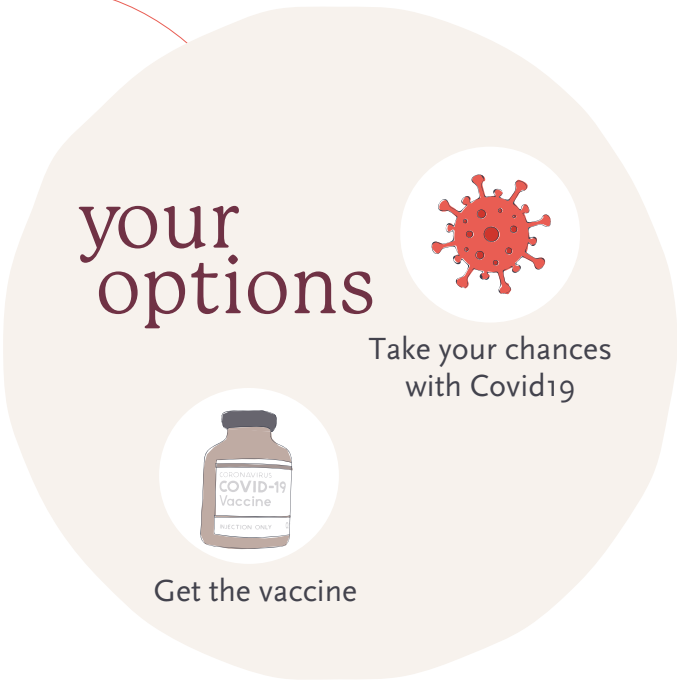
Should I get the Covid19 vaccine?

Covid19 Vaccine Decision Guide

Quilted HEALTH

It's your choice.

Getting the Covid19 vaccine is your decision. As your healthcare provider, it's our job to make sure that you have the most up-to-date information about the vaccine so that you can make an informed decision. We know that this can be difficult when there is so much conflicting information out there. It is our hope that by simply presenting the data, that you feel empowered to make a choice that is right for you and your situation.



Covid19 infection and pregnancy

This is what we currently understand about Covid19 infection during pregnancy.



You are **three times** more likely to require admission into intensive care than a non-pregnant person.[1]



You are **three times** more likely to be put on a ventilator than a non-pregnant person.[1]



You are **1.7 times** more likely to die than a non-pregnant person.[1]

Pregnant people are **more likely** to get very ill and die from Covid19 infection than non-pregnant people of the same age.

Covid19 and possible risk factors

If you are pregnant **and** you have other risk factors, your odds of severe illness are even greater.

2.5x

Your weight

You are 2.5 times more likely to suffer severe illness from Covid19 infection if your BMI is over 30.[2 3]

2x

Age ≥ 35

You are two times more likely to suffer severe illness from Covid19 infection if you are over the age of 35.[2 3]

8x

Ethnicity

You are eight times more likely to suffer severe illness from Covid19 infection if you are Black or part of another racial/ethnic minority.[2 3]

3x

You have another illness

You are three times more likely to suffer severe illness from Covid19 infection if you have another health condition. [2 3]

Covid19 can effect your pregnancy.



1.5x

Preeclampsia*

You are 1.5 times more likely to suffer from preeclampsia [4, 5, 6]

2.5x

Preterm birth

You are 2.5 times more likely to deliver before the baby is full term. [7, 8, 9, 10]

1.5x

Low birthweight

You are 1.5 times more likely to deliver a baby of low birthweight. [4, 6, 10]

2x

Stillbirth

You are two times more likely to lose the baby.[11]

* Preeclampsia is a serious blood pressure condition.

This is what we know about Covid19 and newborn babies.

2%

Babies who test positive

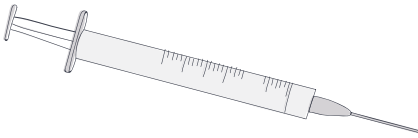
Only 2% of babies born to those with Covid19 test positive. [7, 10, 11, 12]

-

Infant mortality

There is no increase in infant mortality associated with the gestational parent's Covid19 infection. [7, 10, 11, 12]

The vaccine



COVID-19 vaccines are effective against severe disease and death from variants of the virus that causes COVID-19 currently circulating in the United States, including the Delta variant.[13]

COVID-19 vaccines are safe

While COVID-19 vaccines were developed rapidly, **all steps have been taken to ensure their safety and effectiveness.**

COVID-19 vaccines were **developed using science that has been around for decades.**

COVID-19 vaccines are not experimental. They went through all the required stages of clinical trials. Extensive testing and monitoring have shown that these vaccines are safe and effective.

COVID-19 vaccines have received and continue to undergo the **most intensive safety monitoring** in U.S. history.[13]

COVID-19 vaccines are effective

COVID 19-vaccines are effective. They can keep you from getting and spreading the virus that causes COVID-19.

COVID-19 vaccines also help **keep you from getting seriously ill** even if you do get COVID-19.

Getting vaccinated yourself may also **protect people around you**, particularly people at increased risk for severe illness from COVID-19.[13]

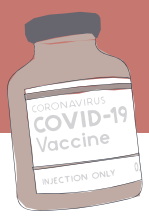
The vaccine and you



No safety concerns were found in animal studies. Studies in animals receiving a Moderna, Pfizer, or Johnson & Johnson Covid19 vaccine before or during pregnancy found no safety concerns in pregnant animals or their babies.[14]

No adverse pregnancy-related outcomes occurred in previous clinical trials that used the same type of vaccine as the Johnson & Johnson COVID-19 vaccine.[13]

Early data on the safety of receiving an mRNA COVID-19 vaccine (Moderna or Pfizer) during pregnancy **do not indicate safety concern for pregnant people who were vaccinated or their babies.**[15]



The Covid19 vaccine is safe and effective.
Research indicates that the vaccine is safe for pregnant people.

The vaccine and your baby

There is no increased risk of miscarriage associated with any of the vaccines.[13, 16]

There is no increased risk of congenital abnormality (a difference with the baby's body) associated with the vaccine. [17]

Just as your baby gets benefit from you getting the flu or tdap vaccine in pregnancy, your **baby gets protection when you get the COVID vaccine in pregnancy**. [18]

Because Covid19 is a relatively new virus, **we do not know the long term effects of the virus or the vaccine with newborns.**



There are no obvious signs that the vaccine harms newborns. Long term data is still pending.



The vaccine and nursing

Although the vaccines were not initially studied in lactating people, review of the evidence revealed **no adverse safety issues associated with nursing.** [19]

As mentioned earlier, your antibodies can be passed on to your baby through nursing- helping to protect them. [19, 20]

Who should not receive the vaccine?

You should not receive the Covid19 vaccine if you had an allergic reaction to any of the ingredients or previous Covid19 vaccine. [21]

The vaccine and complications

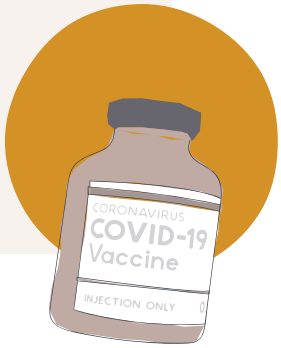


2.21 billion people around the world are fully vaccinated [22]

174 million Americans are now fully vaccinated [22]

23% of pregnant Americans have been vaccinated [23]

Over 200,000 pregnant people have received an mRNA vaccine without any safety concerns[19]



What can happen?

Mild side effects are common. This can include pain at the site of injection, fever, muscle pain, joint pain, headaches, fatigue, and other symptoms after vaccination. These side effects are a normal part of the body's reaction to the vaccine and developing antibodies to protect against Covid19 illness.[18] ACOG approves limited use of Tylenol in pregnancy to treat fever and other possible symptoms from a Covid vaccine shot

There is a 1 in 125,000 (or .0008%) chance of developing Guillain-Barre syndrome with the Johnson & Johnson vaccine.[24] Guillain-Barré is an autoimmune condition that usually comes about from an infection. The FDA reports that 12.5 million doses of the Johnson & Johnson vaccine have been administered. Out of that 12.5 million, 100 cases of Guillain-Barré had been reported in individuals who received that vaccine. Of those cases, 95 were considered serious and required hospitalization; one case resulted in death.

There is a 1 in 320,000 possibility of developing a unique type of blood clot* after receiving the Johnson & Johnson vaccine.[25] The American Society of Hematology issued the following statement regarding this risk:

Risk of death and serious outcomes of COVID-19, including thrombosis, far outweigh risk of TTS possibly associated with highly efficacious vaccines.*[26]

*Thrombosis with thrombocytopenia

There were no associated risks between the mRNA vaccines and TTS or Guillain-Barré syndrome.[19]

2-5 out of 1,000,000 experienced anaphylaxis (severe reaction) from the Covid19 vaccine.[25] You will be monitored after you receive your vaccine to ensure that you do not experience an adverse event.

Adverse events associated with the vaccine are incredibly rare.

Statement of Strong Medical Consensus for Vaccination of Pregnant Individuals Against COVID-19

"As the leading organizations representing experts in maternal care and public health professionals that advocate and educate about vaccination, **we strongly urge all pregnant individuals – along with recently pregnant, planning to become pregnant, lactating and other eligible individuals — to be vaccinated against COVID-19.**

"Pregnant individuals are at increased risk of severe COVID-19 infection, including death. With cases rising as a result of the Delta variant, the best way for pregnant individuals to protect themselves against the potential harm from COVID-19 infection is to be vaccinated.

"Maternal care experts want the best outcomes for their patients, and that means both a healthy parent and a healthy baby. Data from tens of thousands of reporting individuals have shown that the COVID-19 vaccine is both safe and effective when administered during pregnancy. The same data have been equally reassuring when it comes to infants born to vaccinated individuals. Moreover, COVID-19 vaccines have no impact on fertility.

"Pregnant individuals and those planning to become pregnant should feel confident in choosing vaccination to protect themselves, their infants, their families, and their communities."

American College of Obstetricians and Gynecologists

American Academy of Family Physicians

American Academy of PAs

American Academy of Pediatrics

American Association of Nurse Practitioners

American College of Nurse-Midwives

American College of Osteopathic Obstetricians & Gynecologists

American College of Physicians

American Pharmacists Association

Association of Immunization Managers

Association of State and Territorial Health Officials

Association of Women's Health, Obstetric and Neonatal Nurses

Infectious Diseases Society of America

Infectious Diseases Society for Obstetrics and Gynecology

National Association of Chain Drug Stores

National Association of County & City Health Officials

National Association of Nurse Practitioners in Women's Health

National Foundation for Infectious Diseases

National Hispanic Medical Association

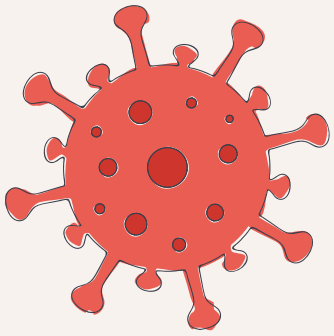
North American Society for Pediatric and Adolescent Gynecology

Society for Maternal-Fetal Medicine

Vaccinate Your Family

Summary

Getting the Covid19 vaccine is your decision.



Pregnant people are more likely to get very ill and die from Covid19 infection than non-pregnant people of the same age.

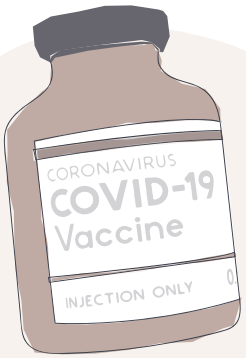
If you are pregnant and you have other risk factors, your odds of severe illness are even greater.

Covid19 can lead to poor outcomes in pregnancy.

Your baby has a small chance of catching Covid19 if you have it.



If you would like to proceed with getting your vaccination or if you have further questions, please consult your midwife.



Millions of Americans have taken the Covid19 vaccine.

Adverse events associated with the vaccine are incredibly rare.

There are no obvious signs that the vaccine harms newborns but long term data is still pending.

Studies have revealed no adverse safety issues with the vaccine and nursing.

You should not receive the Covid19 vaccine if you had an allergic reaction to any of the ingredients or previous Covid19 vaccine.

There is a strong medical consensus for vaccination of pregnant people against Covid19.



Appendix

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