



Pregnant, planning pregnancy or breastfeeding? GET VACCINATED AGAINST COVID-19

- COVID-19 is more dangerous in pregnant women, especially towards the end of pregnancy.
- Pregnant women who are older or are living with hypertension, diabetes, obesity, TB or untreated HIV are especially at risk.



What do we know about COVID-19 vaccines?

- COVID-19 vaccines are very effective. They decrease the chances of you getting severe COVID-19 or dying from COVID-19.
- The vaccine can protect you and possibly your baby from getting even mild COVID-19 infection.
- None of the COVID-19 vaccines contain the live virus, so it cannot give you or your baby COVID-19.
- COVID-19 vaccines are safe. They cause the same side effects whether you are pregnant or not. These are usually mild. You can use paracetamol if you have a fever or headache after vaccination.
- You have a greater chance of getting very sick from COVID-19 than from having a severe side effect of the vaccine.
- There are no known risks for your baby when breastfeeding. There may be benefits for your baby if you are vaccinated.
- There is no evidence that COVID-19 vaccines cause problems with fertility or getting pregnant in the future.

COVID-19 vaccine studies in pregnant women have not shown any harmful effects on the developing baby or on pregnancy. Over 148 000 pregnant women in the United States have been vaccinated without any safety concerns.



What must you do now?

1. Discuss with a healthcare provider if you need more information or have concerns.
2. Continue to attend your routine antenatal care and baby clinic visits.
3. Continue with measures to avoid catching COVID-19.



- Wear your mask



- Wash your hands



- Keep a safe physical distance from others



- Avoid crowds and confined places

4. Register to get vaccinated:
<https://vaccine.enroll.health.gov.za>

