

# Top 5 COVID-19 mRNA Vaccine Takeaways

## OB/GYN experts agree on:



### 1 Pregnant women who become infected with COVID-19 are at higher risk of experiencing severe complications.

According to the American College of Obstetricians and Gynecologists (ACOG)<sup>1</sup>, COVID-19 infections in pregnancy are associated with increased risk of maternal severe illness, ICU admission, mechanical ventilation and even death. Healthcare and other essential workers are more likely to be exposed to the virus.

### 2 The mRNA vaccines do not cause genetic changes in you or your baby.

The CDC and ACOG agree that the vaccine cannot cause any genetic changes in you or your baby because they do not enter the nucleus of cells and do not alter human DNA. For more information about how the COVID-19 mRNA vaccines work, visit <http://www.cdc.gov/coronavirus/2019-ncov/vaccines>.

### 3 You and your baby cannot contract COVID-19 from the current vaccines.

The Society for Maternal Fetal Medicine (SMFM)<sup>2</sup> confirms these vaccines do not contain the COVID-19 virus so they CANNOT give you or your baby COVID-19.

### 4 There is no data to suggest vaccination impacts future fertility.

The American Society for Reproductive Medicine (ASRM)<sup>3</sup> and ACOG both recommend the vaccine for those trying to become pregnant or considering a future pregnancy. Additionally, it is not necessary to delay or avoid pregnancy after completing both doses of the vaccine. There is also no reason to delay pregnancy attempts because of vaccine administration.

### 5 Breastfeeding is still recommended.

ACOG recommends COVID-19 vaccines be offered to lactating women. The Association of Breastfeeding Medicine (ABM)<sup>4</sup> agrees and says there is no need to avoid initiation or to discontinue breastfeeding in those who receive the vaccine.

*If you have any questions about the vaccine's effect on pregnancy or fertility, a discussion with your women's health provider could help you make an informed decision together. A phone call or virtual visit with your caregiver is a safe and easy way to get more answers about the COVID-19 vaccine.*



<sup>1</sup>American College of Obstetricians and Gynecologists (ACOG) is the foremost professional membership organization for obstetricians and gynecologists. It is comprised of over 60,000 members (board-certified OBGYNs) spanning the entire career lifecycle.

<sup>2</sup>Society for Maternal Fetal Medicine (SMFM) is the professional society made up of OBGYNs with advanced training and focus on high-risk pregnancies and conditions.

<sup>3</sup>American Society for Reproductive Medicine (ASRM) is the professional society made up of OBGYNs with advanced training and focus on infertility.

<sup>4</sup>Academy of Breastfeeding Medicine (ABM) is a global community of medical doctors with diverse backgrounds and specialties creating a network of experts and advocates to drive breastfeeding medicine forward.