

Pregnant?

Should you get a Covid vaccine?

You are pregnant and you receive an invitation for a Covid vaccine. What should you do? This information pamphlet will help you decide whether or not to get the shot. It will also make it easier for you to talk to your doctor, midwife, or obstetrician about the corona injection.

Pregnancy and Covid	
<p>What are the chances I will get very sick with Covid during my pregnancy?</p>	<p>The chance of getting very sick with Covid during pregnancy is very small. Four out of a hundred pregnant women with Covid need to go to intensive care. Three of these four women need to be ventilated. The chance of a pregnant woman with Covid having to go to intensive care, however, is three times as great as for a woman of the same age who is not pregnant.</p> <p>A pregnant woman with Covid has a slightly bigger chance of a premature birth. This is probably because some women give birth early with a cesarean section or are induced. Once the baby is out of the womb, the physician is better able to treat the woman. It is not yet known what the pregnant woman will notice in the future due to having had Covid.</p>
<p>What effect will it have on my care if I get Covid?</p>	<p>If you have Covid during your delivery or right after you give birth, caregivers will wear a mask, eye protection and protective clothing when they are with you. After you give birth, this means:</p> <ul style="list-style-type: none"> • Fewer hours of maternity care • Limited visits from the midwife or obstetrician • No visits from friends or relatives
<p>When do you run the greatest risk of getting very sick from Covid during pregnancy?</p>	<p>The risk of getting very sick due to Covid during pregnancy and being admitted to the hospital is greater if:</p> <ul style="list-style-type: none"> • You have a chronic illness • You are over 35 • You are obese • You or your parents were not born in the Netherlands • You are in contact with people who have Covid at your work
<p>How bad is Covid for my baby?</p>	<p>Did you get Covid while you are pregnant? Or did you have it during your pregnancy? Then your baby will receive antibodies that combat Covid through the placenta. We do not yet know whether this will make your baby less likely to get Covid. Nor do we know whether your baby will become less sick from Covid after birth. What we do know is that Covid does not usually make children very sick.</p> <p>Babies of pregnant women who have or have had corona are admitted to intensive care more often than other babies. This is probably because these babies are more likely to be born prematurely. These babies are not more likely to die. We do not yet know what, if any, after-effects babies may experience later in life due to their mothers' Covid infection.</p>
<p>What's the advice of doctors and midwives?</p>	<p>Doctors and midwives advise all pregnant women to get a vaccine against Covid.</p>

	Covid vaccine	No Covid vaccine
What effect will it have on my baby?	The vaccine causes your body to make antibodies to combat Covid . The baby will also get these through the placenta . We don't know how well this protects the baby from Covid.	Without the vaccine, the baby will not be protected from Covid at all from birth on. If you have had Covid yourself during your pregnancy, you baby will have antibodies to combat Covid.
When can I get the vaccine?	All pregnant women are eligible for the vaccine.	You can also not get vaccinated or choose to get vaccinated after your pregnancy. In that case, discuss with your GP if and when you can get vaccinated. You can also get vaccinated if you are breastfeeding. Physicians believe no substances from the vaccine will be transmitted through the breastmilk. If you opt not to get the vaccine, it is extra important for you to follow the Covid regulations, to decrease your chances of getting Covid.

	Covid vaccine	No Covid vaccine
Which vaccine can I get?	You can get an mRNA vaccine (Moderna or Pfizer). Not enough is known about the other vaccines at this time regarding their safety during pregnancy. The appointment confirmation will tell you which vaccine you will be getting.	
How safe is the vaccine for me and for my baby?	The vaccine seems to be safe. In the United States, over 100,000 pregnant women have taken an mRNA vaccine. As a result, we know that any side effects usually occur within six weeks of vaccination. They got the same side effects as other individuals. We now know from 4,000 pregnant women who were vaccinated that their pregnancies are just as healthy as pregnant women who were not vaccinated. We have no reason to think that the vaccine affects the baby's health. There have been studies on pregnant animals and their offspring. They were given the mRNA vaccine and it proved to be safe.	We don't know what you can expect from the vaccine in the long run. Because the vaccines are still new, not everything is known about the side effects yet. In the future we may find out things that we have not thought about before.
What are the possible side effects of the vaccine for me?	You may feel unwell for a few days after you get the vaccine , for example, chills and fever. You may get a sore spot where the needle went in. There are also serious side effects. These are very rare. Side effects are just as rare in pregnant women as in non-pregnant women.	
How big is the chance I will get Covid?	If you are vaccinated, the chances of getting Covid are much lower. Out of 100 people who got the mRNA vaccine, about 90 are protected from Covid.	Your chance of getting Covid doesn't change. We now think that as a pregnant woman, you are not more susceptible to getting Covid than when you're not pregnant.

How big is the change I will get very sick from Covid?

If you are vaccinated, you are less likely to get very sick from Covid. People who did get Covid after being vaccinated became less seriously ill. Research has shown this.

If you are pregnant, there is a slightly higher chance that you will get very sick from Covid. **If you don't get vaccinated, this doesn't change.**

Are you hesitating about getting vaccinated while you are pregnant? It may help to think about the following questions:

-  What are the **advantages** of getting vaccinated?
-  What are the **disadvantages** of getting vaccinated for you?
-  What are possible **alternatives** for you?
-  What does it mean for you if you **don't make a choice**?

Please note: Whether or not you choose to get vaccinated, the Covid measures apply to pregnant women too, of course.

The side effects center Lareb conducts research on the safety of vaccines and medications during pregnancy.

All pregnant women may participate in Moeders van Morgen (Mothers of Tomorrow) www.moedersvanmorgen.nl during their pregnancy. This information pamphlet was developed by the working group COVID-19 and pregnancy, with representatives from KNOV, NVOG, NVK, RIVM, NVMM, VHIG, and the Dutch Patients' Federation and is based on the "Perspective of vaccination for COVID-19 around pregnancy and after birth". More information can be found in the document "Source: information pamphlet on whether or not to vaccinate during pregnancy".