

Pregnancy and the mRNA COVID-19 Vaccines | Helpful information and resources

You and your baby’s safety is our highest priority. Providence is here to help you make a vaccination decision that’s best for you and your family. The below information reflects information about the available vaccines (Pfizer & Moderna) that use mRNA technology as well as the Johnson & Johnson vaccine using a technology that has been used in previous vaccines. As new vaccines become available, we will provide updates. [Read Spanish version.](#)

We and The American College of Obstetricians and Gynecologists (ACOG) recommend pregnant people have access to COVID vaccinations (today includes Pfizer, Moderna and Johnson & Johnson) when they are part of a group that is prioritized. Even if you were sick with COVID-19 in pregnancy, vaccination should be available to you, though prioritization/vaccination timing may vary based on when you were sick.

This is a personal decision and one that you can discuss with your care team.

Covid-19 Vaccine Benefits	Covid-19 Vaccine Risks	COVID-19 Risks While Pregnant
<ul style="list-style-type: none"> • Determined safe and highly effective (72 - 95%) in preventing COVID-19 infections and is likely to keep you from getting seriously ill even if you do get COVID-19. • Approved and tested the same way other vaccines and drugs are tested. • Does not contain anything that is known to be harmful to pregnant people OR the baby OR during breastfeeding. • Cannot give you COVID-19. • Providence carefully reviewed the data prior to making it available. • Was tested on pregnant animals and there were no significant bad effects found in relation to fertility or baby’s development. 	<ul style="list-style-type: none"> • The vaccine has not been tested in pregnant or lactating people. • The goal of the vaccine is for your body to experience an immune response. This could include headaches, fatigue, a low-grade fever, and body aches. 	<ul style="list-style-type: none"> • While chances of severe health effects are low, pregnant people with COVID-19 are more likely to end up in the intensive care unit (ICU) and are more likely to die of COVID-19 than non-pregnant people of reproductive age with COVID-19. • Pregnant people who have COVID-19 may have an increased chance of pre-term birth or other adverse pregnancy outcomes.
	<p>Those who receive a COVID-19 vaccine must continue to wear a mask in combination with other measures, such as frequent hand washing and physical distancing.</p> <p>A vaccine can limit the spread of the disease by helping to protect you and those around you. This vaccine is our best approach at stopping COVID-19. If you decide to get vaccinated, check with your local department of health for the latest guidance and timing for vaccine eligibility in your area.</p> <p>Where can I get more information?</p> <ul style="list-style-type: none"> • Coronavirus.providence.org • FDA COVID-19 vaccine information • CDC COVID-19 vaccine information-Pregnant or Breastfeeding • ACOG COVID 19-Message for Patients • American Academy of Pediatrics guidance • The Society for Maternal-Fetal Medicine-COVID Vaccine Advice 	
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