

**Covid-19 Vaccine is Safe in Pregnancy****Dr. Priti Veer**(Lecturer Dept. of Streeroga Prasuti Tantra)  
Institute- S.V.N.H.T's Ayurved College,  
Rahuri Factory, A'nagar.**Abstract**

Every mom-to-be wants to have the healthiest pregnancy possible. During the COVID-19 pandemic, that has meant wearing a mask, avoiding crowds and social distancing — and now, getting the COVID-19 vaccine.

Health officials and experts from the Centers for Disease Control and Prevention, the American College of Obstetricians and Gynecologists and the Society for Maternal Fetal Medicine are all urging pregnant women to get the COVID-19 vaccine, pointing to data that show the vaccines are safe and effective. On the other hand, there are serious risks to not getting vaccinated: Pregnant women and their babies have far greater risk of hospitalization and intubation, as well as preterm birth and other complications according to studies updated by experts on 30th August 2021

**Introduction**

**S**hould a pregnant woman get the COVID vaccine? Might it harm her unborn baby? And what harm might the vaccine bring to a woman's menstrual cycle?

Here are Expert's Opinion Updated On 8th September 2021

**HOW VACCINES WORK ON PREGNANT WOMEN**

“The vaccine works the same way in pregnant women as in non-pregnant people. The vaccine has been shown to be effective in preventing infection. Women are no more likely to get the infection than other people, but if they get the infection they're at higher risk for complications, specifically admission to the hospital, requiring ICU admission, mechanical ventilation, and even a higher risk of mortality or death.”

**WHETHER THE VACCINE IS LESS EFFECTIVE IN PREGNANT WOMEN**

“There is no evidence to suggest there's any difference in how effective the vaccine works in pregnant women. It should work the same.”

**WHETHER VACCINATION CAN HURT A PREGNANCY**

“Absolutely not. There is nothing to suggest that vaccination itself leads to anything that can cause pre-term birth.”

**COMMON CONCERNS VOICED BY PREGNANT WOMEN ABOUT THE VACCINE**

“Pregnant women, I would say, frequently put their developing fetus ahead of the concerns for themselves and their own health. We really try to talk to pregnant women and their families about the fact that in order to have a healthy baby, we really need to make sure we also have a healthy mother. So pregnant women often have questions about whether the vaccine might have an impact on the development of their fetus and if it could have any long-term consequences that we don't know yet because the vaccines are so new.”

“They also have concerns about how it might impact other aspects of their own health.”

**THE BEST VACCINE FOR A PREGNANT WOMAN**

“If we're talking about pregnant women in this country, where we have opportunity to choose between the vaccines, right now while we don't have a preference, generally speaking, we've suggested that women under the age of 50, which would generally include almost all pregnant women, may want to consider the risks and benefits of the J&J vaccine.”

“It’s individuals under the age of 50 where we’ve seen the higher incidences of (blood) clotting disorder. So again if there’s the opportunity to choose between one or the other, we know those same risks don’t go along with the (Pfizer and Moderna) mRNA vaccines.”

“However, understand that risk is really, really incredibly small still. In other countries and other areas where the one [J&J] dose may be the only thing you can get – or might be the most convenient way to prevent COVID – your chance of getting COVID infection is incredibly higher than your chance of getting a blood clot or complication.”

#### MEASURES PREGNANT WOMEN SHOULD TAKE OTHER THAN A VACCINE

“Masking and distancing work. I think as we know with many pregnant women about 40 percent of all births in this country occur to women as their first pregnancy. So that means the 60 percent probably have other children at home and are potentially care-takers of other children. With children in this country having gone back to school now, we are seeing higher incidences of COVID infection among children.”

“So making sure to do the best we can to protect all of our family members, reduce that risk, make sure we’re masking, distancing, hand-washing. Good hand hygiene and so forth are really the keys.”

#### WHETHER IVERMECTIN IS A PLAUSIBLE COVID THERAPY FOR PREGNANT WOMEN

“Absolutely not.”

“Ivermectin is being studied right now but at present there is nothing that would authorize its use or recommend its use, and quite frankly, it can have side effects.”

#### WHETHER A WOMAN TRYING TO CONCEIVE SHOULD GET THE VACCINE

“Absolutely. It obviously can be a scary time. But there has been no concern whatsoever that a woman trying to conceive, the vaccine would have any impact on their ability to conceive.”

“There is no evidence that vaccination causes early pregnancy loss.”

#### WHEN DURING A PREGNANCY A WOMAN SHOULD BE VACCINATED

“From a safety or effectiveness standpoint, both for the mother and baby, really we recommend that women should get the vaccine as early as they can. Given the complications related to COVID infections are more likely to occur with later, advancing pregnancy, we really recommend women get the vaccine as early as it can. There’s no difference in how well it will work.”

#### WHETHER A PREGNANT WOMAN WHO PREVIOUSLY HAD COVID HAS ADEQUATE IMMUNITY

“The COVID infection itself does not imply full-on immunity. It probably protects you for some period of months. But given all the ever-changing variants that we see, infection itself shouldn’t be relied upon. We also know vaccination itself can’t be relied upon because what we really need a universal vaccine that we know covers all variants. So we should still make sure we’re following CDC guidelines, which say that even if you’ve had COVID infection, you should still seek vaccination.”

#### BOOSTERS FOR PREGNANT WOMEN

“As long as they are eligible based on the recommendations ... then pregnant women should be getting the booster vaccine.”

#### MISCONCEPTIONS RELATED TO THE COVID VACCINE

“We know the vaccine -- and the way that it works -- stimulates the maternal immune system.”

“There’s no reason to think that the way that the two COVID vaccine platforms (work) ... (they) could have any harm on a developing fetus.”

#### THE CURRENT INCREASE IN HOSPITALIZATIONS OF PREGNANT WOMEN

“Before COVID, most days we don’t have pregnant women in the ICU, or if we do it’s maybe one, maybe two, and that’s only intermittently. Now we’re seeing more than a handful at any given time.”  
“It certainly is more than we would ever expect, and we’re seeing more now with the Delta variant than we were seeing at the beginning of the pandemic. It

is a significant concern. And really the only way to prevent that is to prevent infection in the first place.”

### Conclusion

The US Centers for Disease Control and Prevention issued an urgent recommendation Wednesday for pregnant women and those who have recently given birth to get vaccinated against coronavirus.

Women trying or planning to become pregnant and those who are breastfeeding should also be vaccinated.

CDC strongly recommends COVID-19 vaccination either before or during pregnancy because the benefits of vaccination outweigh known or potential risks.

### References

1. Manish Pandya , Indian Journal of Obstetrics and Gynecology Research
2. Dr. Rajesh Parikh , The Vaccine Book For Covid-19
3. Zeil Rosenberg M.D. , The Covid-19 Vaccine An Expert’s Medical Review For All
4. Jackson, A.A. & Robinson, S. M. Dietary Guidelines for Pregnancy: A Review of Current Evidence. Public Health and Nutrition, 2001; 4(2B): 625-630
5. Khanna K. (1997). Textbook of Nutrition and Dietetics. New Delhi: Phoenix Publishing House Pvt. Ltd
6. WHO. World Health Organisation (WHO) Coronavirus disease (COVID-19) outbreak webpage (<https://experience.arcgis.com/experience/685d0ace521648f8a5beeee1b9125cd>) [accessed 15 May 2020]. 2020

