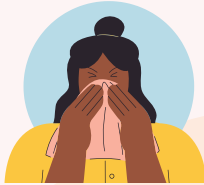


What pregnant and breastfeeding women should know about the COVID-19 vaccines!

THE COVID-19 INFECTION IS CAUSED BY THE CORONAVIRUS SARS-COV-2

Symptoms include:



RUNNY NOSE



FEVER



COUGH



LOSS OF SMELL



SORE THROAT

Why should I get vaccinated?

A COVID-19 infection could be **dangerous** to you and your baby during pregnancy. **Pregnant women are at a higher risk for severe COVID-19 associated outcomes compared with non-pregnant women.** Some of these risks include preterm birth, venous thromboembolism (blood clots) requiring admission to intensive care unit (ICU) care and invasive ventilation. Pregnant women who are more than 35 years old, obese, and/or have pre-existing medical conditions such as hypertension and diabetes are at even higher risk of adverse outcomes.



Which vaccines are available?

The **Pfizer-BioNTech** and the **Moderna vaccines** will be offered to pregnant or breastfeeding women. From available studies, vaccinated pregnant women did not have a higher risk of having birth defects, miscarriages, stillbirths, premature births or caesarean deliveries.

How do the vaccines work?

The Pfizer-BioNTech Vaccine and Moderna Vaccines are **MRNA vaccines**. They enable cells to make **proteins of the SARS-CoV-2 virus**, allowing us to **form antibodies against the virus protein**. This provides **immunity** from the actual virus in the future. MRNA vaccines have been researched for decades and proven to be safe, as they are unable to alter our DNA and are broken down after use. Besides providing **protection to the mother**, these protective antibodies are transferred to the baby in the womb and to the breast milk, which may provide **protection to the baby**.

Scan to learn more on COVID-19 vaccination for KKH Patients

<http://www.kkh.com.sg/covid19vaccination>



VACCINES AVAILABLE



Pfizer-BioNTech



Moderna

**Dosing
Regimen**

2 doses,
4 to 8 weeks apart

Efficacy

More than 94% - 95%

**Common
side effects**

- Pain, redness and swelling at injection site
- Fatigue
- Headache
- Muscle pain
- Joint pain
- Chills
- Fever
- Anaphylaxis (Rare)

Vaccination recommendations for pregnant or breastfeeding women

**If you are
CURRENTLY
PREGNANT....**

As pregnant women face higher risk of severe COVID-19 complications, especially if infected with COVID-19 in the later part of the pregnancy, you are advised to be vaccinated **after 12 weeks of pregnancy**, which is the most crucial period for fetal development.

**If you are
PLANNING FOR
A FAMILY....**

Pre-pregnancy vaccination is **encouraged** for women who wish to conceive. If you conceive after the first dose of the vaccine, you may opt to **continue with the second dose or delay the second dose until after 12 weeks of pregnancy.**

**If you are
BREASTFEEDING....**

Breastfeeding women, without other contraindications, **can be vaccinated. Breastfeeding can be continued** throughout the duration of the vaccine course.

Source: MOH Press Release (2021, 31 May) Expert Committee on COVID-19 Vaccination expands medical eligibility for mRNA vaccines
*The Expert Committee on COVID-19 Vaccination recognises that the amount of data collected on this group is comparably smaller than data on the general population, and long-term monitoring will still be needed. The Committee assessed that the known benefits of COVID-19 vaccine outweigh the potential risks, and pregnant women can be vaccinated. Pregnant women should discuss the risks and benefits of the COVID-19 vaccine with their doctors to make an informed decision whether to proceed with the vaccination.

**Kindly take 3-5 minutes to fill up
this survey to share your views on
COVID-19 vaccination during
pregnancy**

<https://form.gov.sg/#/1/60c15f130f91b500126c4fb2>



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