

CARING FOR SOMEONE EXPECTING A BABY?

**HELP PROTECT
PREGNANT WOMEN
FROM COVID-19 AND FLU**

WHATEVER YOUR

REASON

**DON'T
MISS
YOUR
VACCINE**

Information for health practitioners caring for pregnant women and those trying to become pregnant



**OVER 81,000 PREGNANT WOMEN
HAVE HAD THE VACCINE.**

Over 51,000,000 people have received their first dose of the COVID-19 vaccine in the United Kingdom, including over 81,000 pregnant women. Pregnant women have been offered the COVID-19 vaccine since April 2021. It is important to remind pregnant women to protect themselves and their baby with the free COVID-19 vaccine and Flu jab.

It is imperative to reassure pregnant women that the vaccine is safe and effective for pregnant women and those breastfeeding. If your patient is aged 18 or over, they can book their COVID-19 vaccine or attend a walk-in centre. Once

they have had their first and second dose, they are entitled to a booster jab after three months. If they are aged 12-15, they can have both vaccine doses. Those aged 16-17 can also have a booster.

It is important to inform pregnant women of the mild side effects that may occur:

- Sore arm from the injection
- Feeling tired
- Headache
- Feeling achy
- Feeling or being sick.

More serious side effects such as allergic reactions or blood clots are very rare. The COVID-19 vaccines do not

contain egg or animal products. The COVID-19 vaccines are suitable for those who follow a vegan or vegetarian lifestyle.

The Oxford/AstraZeneca vaccine contains a tiny amount of alcohol, but this is less than in some everyday food like bread.

Why do pregnant women need the vaccine?

The COVID-19 infection is still circulating and can be serious for pregnant women. It is important that they have both doses of the COVID-19 vaccine to protect them and their unborn baby.

Is the vaccine safe for pregnant women?

COVID-19 vaccines are safe and effective. Thousands of pregnant women have been safely vaccinated in the UK and worldwide.

All vaccines in the UK must be approved by the independent Medicines and Healthcare products Regulatory Agency (MHRA). MHRA is an executive agency, sponsored by the Department of Health and Social Care. The MHRA ensures that the vaccine meets strict international standards for safety, effectiveness and quality.

Once a vaccine has been approved, it is closely monitored to continue to make sure it is safe and effective.

It is important to inform



THE COVID-19 VACCINE IS COMPLETELY SAFE FOR PREGNANT WOMEN AND THEIR UNBORN BABIES. THE VACCINE DOES NOT INCREASE THE RISK OF MISCARRIAGE, PREMATURE BIRTH OR STILLBIRTH.

pregnant women that the vaccine is safe, and to encourage them to access their doses.

Will the COVID-19 vaccine affect fertility and their baby?

There is no evidence that the COVID-19 vaccines have any



98% OF PREGNANT WOMEN ADMITTED TO INTENSIVE CARE IN ENGLAND ARE UNVACCINATED.

effect on your patients chances of being pregnant. The vaccines cannot give your patient or their baby COVID-19. None of the vaccines contains a live virus, so there is no risk of your patient or their baby getting COVID-19.

Will the COVID-19 vaccine affect my patient's menstrual cycle?

The MHRA is reviewing reports of suspected side effects of menstrual disorders (period problems) and unexpected vaginal bleeding following vaccination against COVID-19 in the UK.

The menstrual changes reported are not permanent. The MHRA continues to closely review reports of suspected side effects of menstrual disorders and unexpected vaginal bleeding.

How many women have had the COVID-19 vaccine?

More than 81,000 pregnant

women have received the COVID-19 vaccine to date.

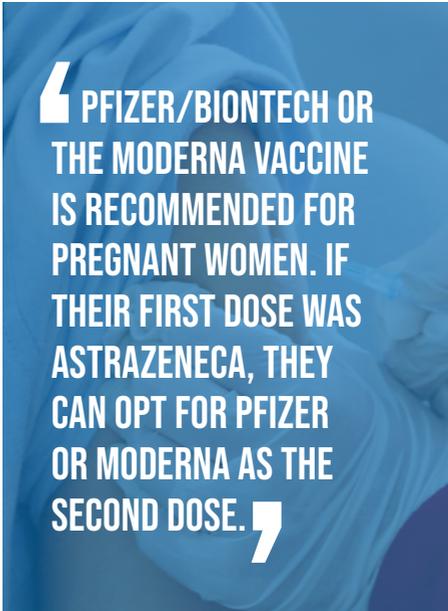
Where can my patient go for help and/or questions?

If your patient is unsure about getting the COVID-19 vaccine, you should guide them and look in trusted places for answers. The NHS, Royal College of Midwives and The Royal College of Obstetricians and Gynaecologists (RCOG) can help them decide.

What vaccine should pregnant women get?

If your patient is pregnant and has not had a COVID-19 vaccine yet, it is preferable for them to have the Pfizer/BioNTech or Moderna vaccine. This is because these vaccines have been more widely used during pregnancy in other countries and no safety concerns have been identified.

If they have already had the Oxford/AstraZeneca vaccine for



PFIZER/BIONTECH OR THE MODERNA VACCINE IS RECOMMENDED FOR PREGNANT WOMEN. IF THEIR FIRST DOSE WAS ASTRAZENECA, THEY CAN OPT FOR PFIZER OR MODERNA AS THE SECOND DOSE.

their first dose you should give your patient the option to have a different second dose. The vaccine cannot give your patient or their baby COVID-19.

Should my patient get a different second dose if they received the Oxford/AstraZeneca vaccine for their first dose?

Yes. If your patient hasn't had a vaccine at all, they should have either the Pfizer/BioNTech or Moderna vaccine.

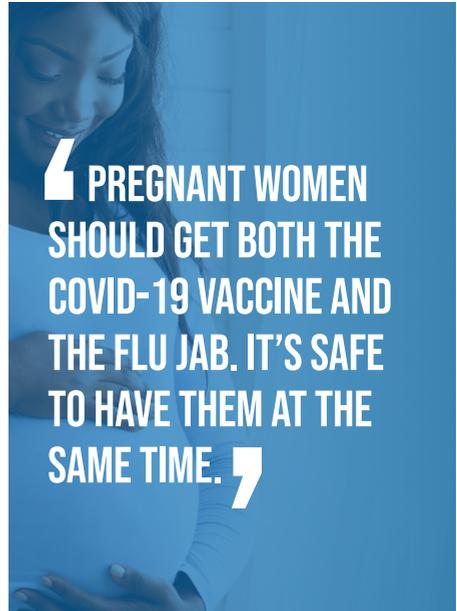
If they have had the Oxford/AstraZeneca as the first dose, then you should give them the option to have Pfizer/BioNTech or Moderna as their second dose and this is in line with current guidance.

Can my patient get both the COVID-19 vaccine and the Flu jab?

Yes. More people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic. If your patient gets flu and COVID-19 at the same time, research shows that they are more likely to be seriously ill. Getting vaccinated against flu and COVID-19 will provide protection for your patient and those around them for both these serious illnesses.

Is the Flu jab safe for pregnant women?

Yes. Studies have shown that it is safe to have the flu vaccine



during any stage of pregnancy. Women who have had the flu vaccine whilst pregnant also pass some protection onto their babies, which lasts for the first few months of their lives. It is safe for women who are breastfeeding to have the Flu jab.

Where can my patient get the Flu jab?

You should urge your patient to contact their midwife or GP surgery to find out where they

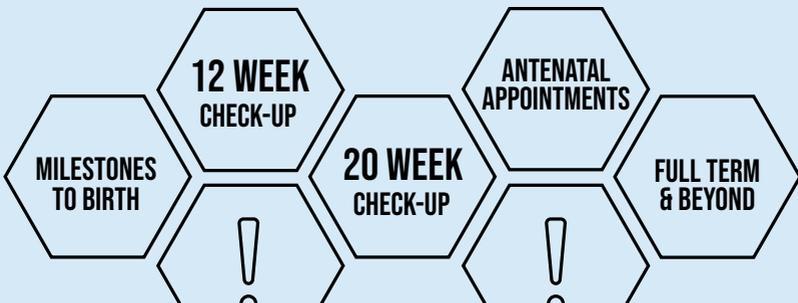
can get the Flu jab. In some areas, midwives can give the Flu jab at the antenatal clinic. In others, they will need an appointment at a GP surgery.

When is the best time to get the Flu jab?

The best time to have the Flu vaccine is the months between September and March. This is when flu is most prevalent. Your patient can have the flu vaccine at any time during their pregnancy. This can be offered by their GP or midwife.

What other vaccinations can my patient have at the same time as the flu vaccine?

They can have the whooping cough vaccine at the same time. Make sure to tell them to not delay their flu vaccine to have them at the same time.



THE FLU JAB IS SAFE AT ANY STAGE OF PREGNANCY, INCLUDING IF THEY'RE BREASTFEEDING.

**Please help your patients
book their vaccine or attend
their local walk-in clinic
by directing them to
nhsselvax.com**



**Our Healthier
South East London**
Integrated Care System

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