



## Know the Facts

# Pregnancy & COVID-19

The circulation of highly contagious variants, the low vaccine uptake among pregnant people, and the increased risk of severe illness and pregnancy complications related to COVID-19 infection among pregnant people make vaccination for the pregnant population and their partners more urgent than ever.<sup>1</sup> From March 2020 through September 2021, more than 4,400 women in Kansas were reported to have experienced a COVID-19 infection while pregnant.<sup>2</sup>

Pregnant and recently pregnant people (for at least 42 days following end of pregnancy) with COVID-19 are at increased risk for:



Preeclampsia



Coagulopathy



Preterm Birth



Stillbirth



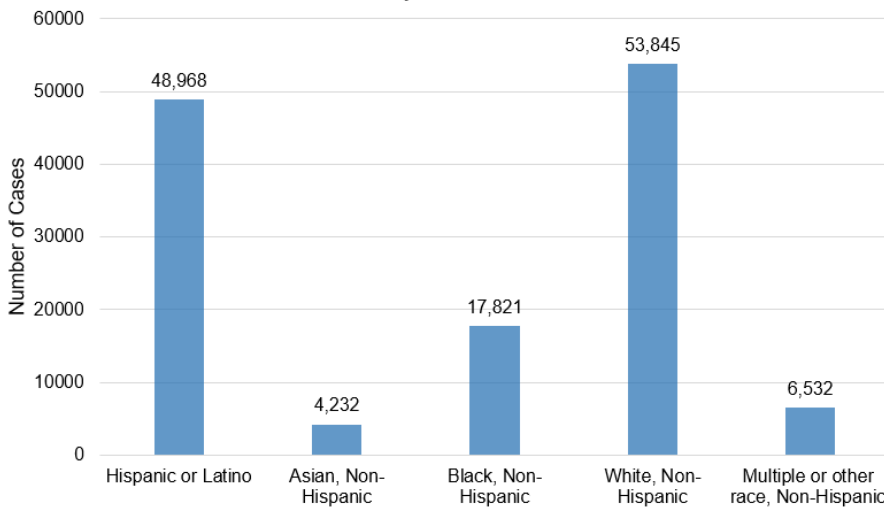
Severe illness  
that requires hospitalization,  
ICU admission, intubation



Death<sup>3</sup>

As of September 2021, more than 125,000 laboratory-confirmed COVID-19 cases have been reported in pregnant people, including more than 22,000 hospitalized cases and 161 deaths. Data from the COVID-19-Associated Hospitalization Surveillance Network (COVID-NET) in 2021 indicate that approximately 97% of pregnant people with a confirmed SARS-CoV-2 infection that were hospitalized (either for illness or for labor and delivery) were unvaccinated.<sup>4</sup>

Pregnant Women with COVID-19 by Race/Ethnicity  
United States, January 22, 2020 - December 6, 2021



Data were collected from 150,036 women, but race/ethnicity was only available for 131,398 women (87.6%).

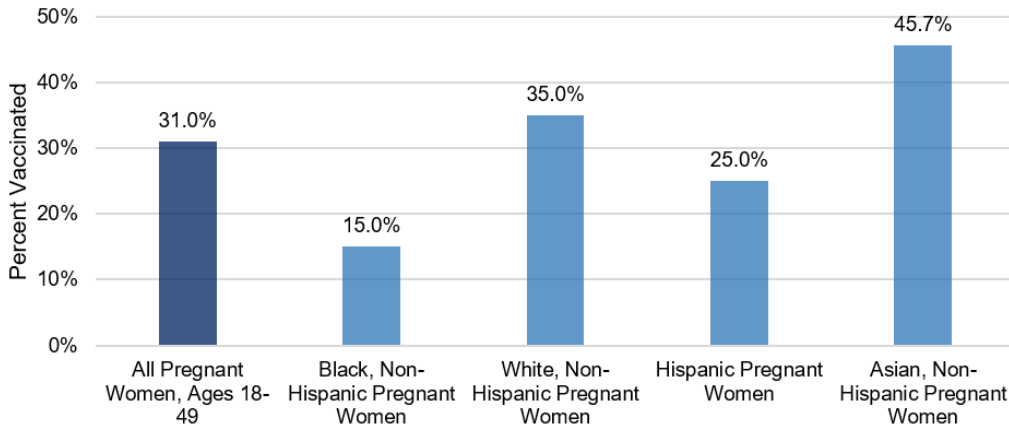
Information also suggests that pregnant people with comorbidities such as obesity have a higher risk for severe illness than the general population with similar comorbidities.<sup>4</sup> Additionally, studies are finding that other factors, such as race, ethnicity, age (older than 25 years) and occupation, can further increase a pregnant person's risk for developing severe illness.<sup>5</sup>

Data were collected from 134,687 women, but race/ethnicity was only available for 117,521 (87.3%) women.

Source: [CDC COVID Data Tracker, 2021](#)



## Vaccination Rates Among Pregnant Women As of Late September 2021



Source: American Public Health Association, *The Nation's Health*: <https://www.thenationshealth.org/content/51/9/1.1>, November/December 2021

**The CDC recommends COVID-19 vaccination for people who are pregnant, recently pregnant (including those who are lactating), who are trying to get pregnant now, or who might become pregnant in the future.**

CDC recommendations align with those from professional medical organizations serving people who are pregnant, including the [American College of Obstetricians and Gynecologists \(ACOG\)](#) and the [Society for Maternal-Fetal Medicine](#). Accumulating data provide [evidence of both the safety and effectiveness of COVID-19 vaccination in pregnancy](#). CDC strongly recommends COVID-19 vaccination either before or during pregnancy, because the benefits of vaccination for both pregnant persons and their fetus/infant outweigh known or potential risks. Getting a COVID-19 vaccine can prevent severe illness, death, and pregnancy complications related to COVID-19.<sup>1</sup>

### Healthcare Provider Recommendations:

**A strong recommendation from a healthcare provider is a critical factor in COVID-19 vaccine acceptance and can make a meaningful difference to protect the health of pregnant, and recently pregnant people, and their fetuses/infants from COVID-19.**

- Communicate the risks of COVID-19, the benefits of vaccination, and information on the safety and effectiveness of COVID-19 vaccination in pregnancy.
  - Strongly recommend that people who are pregnant, recently pregnant (including those who are lactating), who are trying to become pregnant now, or who might become pregnant in the future receive one of the authorized or approved COVID-19 vaccines as soon as possible.
  - Ensure all clinical staff are aware of the guidance and recommendations.
  - Review patients' COVID-19 vaccination status at each pre- and post-natal visit and discuss COVID-19 vaccination with those who are unvaccinated.
  - Remind patients that vaccination is recommended even for those with prior COVID-19 infections. Studies have shown that vaccination provides increased protection in people who have recovered from COVID-19.
- Support efforts to ensure:
- People receiving the first dose of an mRNA COVID-19 vaccine (i.e., Pfizer-BioNTech, Moderna) return for their second dose to complete the series as close as possible to the recommended interval.
  - **Fully vaccinated pregnant persons receive a booster dose 6 to 8 months following their second dose.**
  - Communicate accurate information about COVID-19 vaccines and confront [misinformation](#) with evidence-based messaging from credible sources. For example, there is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems in women or men.
  - Become a COVID-19 vaccine provider and vaccinate patients during their visit. More information can be found at [How to Enroll as a COVID-19 Vaccination Provider](#).



## COVID-19 Vaccine Related Resources for Providers

- ACOG's Clinical Guidance on [Vaccinating Pregnant and Lactating Patients Against COVID-19](#)
- [COVID-19 Vaccine Equity for Racial and Ethnic Minority Groups](#).
- [Vaccines Currently Approved or Authorized in the United States](#)
- [COVID-19 Vaccines While Pregnant or Breastfeeding](#)
- [COVID-19 Vaccines for People Who Would Like to Have a Baby](#)
- COVID Data Tracker
  - [Vaccination Among Pregnant People](#)
  - [Data on COVID-19 during Pregnancy: Severity of Maternal Illness](#)
- [Building Confidence in COVID-19 Vaccines](#)
- [COVID-19 Interim Guidance and Resources Related to Maternal and Child Health](#)

## COVID-19 Vaccine Related Resources for Patients

- [Pregnant Women Urged to Get COVID-19 Shots](#), by The American Public Health Association
- CDC's [Vaccination Considerations for People who are Pregnant or Breastfeeding](#)
- [When You've Been Fully Vaccinated](#), by CDC
- New CDC Data: [COVID-19 Vaccination Safe for Pregnant People](#)
- [CDC's Guidance on COVID-19 Vaccination Booster Eligibility](#)
- Featured Resources on COVID-19 Vaccines within the CDC's [Toolkit for Pregnant People and New Parents](#)
- Information on [COVID-19 if You are Pregnant, Breastfeeding, or Caring for Young Children](#) by CDC
- Patient Resources – [Frequently Asked Questions \(FAQs\)](#)
  - by ACOG
- [COVID-19 Resource Center](#) provided by the Kansas Department of Health and Environment (KDHE)
  - [Information for Families](#)
  - [Caring for Yourself and Others](#)
- [COVID-19 Interim Guidance and Resources Related to Maternal and Child Health](#)
- MotherToBaby. MotherToBaby experts are available to answer questions in English or Spanish by phone or chat. The free and confidential service is available Monday–Friday 8am–5pm (local time). To reach MotherToBaby:
  - Call 1-866-626-6847
  - Chat live or send an email [MotherToBabyexternal icon](#)

## COVID-19 Hotlines

- For questions or more information about COVID-19 in Kansas, visit the [Kansas Department of Health and Environment's COVID-19 Resource Center](#) or call the KDHE Hotline at 866-534-3463 (866-KDHEINF) Monday through Friday from 8:30 to 5:30, Saturday from 10:00 to 2:00, and Sunday from 1:00 to 5:00.
- [SAMHSA's Disaster Distress Hotline](#) provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, including infectious disease outbreaks. Call 1-800-985-5990 or text TalkWithUs to 66746. For Spanish speakers, call 1-800-985-5990 and press 2 or text Hablanos to 66746.

## Sources

1. COVID-19 Vaccination for Pregnant People to Prevent Serious Illness, Deaths, and Adverse Pregnancy Outcomes from COVID-19, CDC Health Alert Network, September 29, 2021, <https://emergency.cdc.gov/han/2021/han00453.asp>
2. For more information, visit [www.coronavirus.kdheks.gov](http://www.coronavirus.kdheks.gov)
3. Centers for Disease Control and Prevention; Coronavirus Disease 2019 (COVID-19); Pregnancy Data; updated November 13, 2020; retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/special-populations/pregnancy-data-on-covid-19.html>
4. The American College of Obstetricians and Gynecologists; Clinical Guidance; Practice Advisory; Novel Coronavirus 2019 (COVID-19); updated July 1, 2020 with summary of key updates made November 6, 2020 retrieved from <https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/03/novel-coronavirus-2019>
5. Centers for Disease Control and Prevention; COVID-19; Pregnant People; updated July 3, 2021; retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html#ref2>
6. Center for Disease Control and Prevention; New CDC Data: COVID-19 Vaccination Safe for Pregnant People; released August 11, 2021; retrieved from <https://www.cdc.gov/media/releases/2021/s0811-vaccine-safe-pregnant.html>



## Social Media Messages

The Kansas Department of Health and Environment (KDHE) created these graphics and sample posts in order help you to engage and educate your communities about COVID-19 and pregnancy. Posts can be customized to include your organization-specific information.



Pregnant or trying to conceive? COVID-19 vaccines are safe, effective & offer the best protection against COVID-19 for you & your baby. There is no evidence these or other vaccines cause fertility problems in women or men. Talk to your doctor or learn more: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>.



Are you pregnant, recently pregnant – including those who are breastfeeding – or trying to become pregnant? The benefits of COVID-19 vaccination outweigh known or potential risks. Do not delay. Get a COVID-19 vaccine today. Find yours at [vaccines.gov](https://vaccines.gov).



2 in 3 pregnant women remain unvaccinated & unprotected against severe illness, pregnancy complications & death from COVID-19. Protect yourself & your baby from COVID-19. Talk to your doctor or visit [vaccines.gov](https://vaccines.gov).



Pregnant people with COVID-19 are also at increased risk for: severe illness, preterm birth, preeclampsia, excessive bleeding or clotting and stillbirth. COVID-19 vaccines are safe, effective & offer the best protection for you & your baby. Find your vaccine provider today: [vaccines.gov](https://vaccines.gov).



Millions of people – including pregnant people – have safely received a COVID-19 vaccine. Do not delay! Talk to your health care provider or learn more: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>.



If you are pregnant or are trying to conceive, make sure you are receiving prenatal care, including a COVID-19 vaccine. If you feel like you are having any symptoms of COVID-19, seek care as soon as possible.

## Additional Social Media Resources

- [CDC Social Media Toolkit: Pregnant People and New Parents](#)
- [CDC Social Media Toolkit: COVID-19 Vaccinations](#)

