

# CDC Recommends Urgent Action to Help Protect Pregnant People and Their Fetuses/Infants



As of September 27, 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 hospitalized with confirmed SARS-CoV-2 infection were unvaccinated.**

On September 29th, the Centers for Disease Control and Prevention (CDC) issued a call for “**urgent action**” to accelerate primary vaccination against COVID-19, 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. The CDC recommendations align with those from professional medical organizations serving people who are pregnant, including the American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine. Accumulating data provide evidence of both the safety and effectiveness of COVID-19 vaccination in pregnancy.

The 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.

Pregnant and recently pregnant people with COVID-19 are at increased risk of severe illness, death, and pregnancy complications.

Severe illness includes:

- Illness that requires hospitalization
- Intensive care unit (ICU) admission
- Mechanical ventilation, or extracorporeal membrane oxygenation (ECMO)
- Illness that results in death

Compared with pregnant people WITHOUT COVID-19, pregnant people WITH COVID-19 are at increased risk for:

- Preterm birth
- Preeclampsia
- Coagulopathy
- Stillbirth
- Neonates born to people with COVID-19 are at increased risk for admission to the neonatal ICU

**Protect yourself and your baby from COVID-19 by getting vaccinated now.**

To schedule your COVID vaccine, please call 757-953-6200 and select option 2. You may also utilize the DHA

Appointment Portal (DAP) to schedule your 1<sup>st</sup> or 2<sup>nd</sup> dose:

<https://informatics-stage.health.mil/COVAX>

