Can contracting COVID-19 in pregnancy be dangerous for me or my unborn child?
In some cases, yes it can. Pregnant women often experience more severe symptoms of COVID-19 than other women.
In the event that they contract COVID-19, they tend to experience inflammation of the lungs more frequently than other women or need to be admitted to an ICU unit and put on a ventilator.
This is especially true if they have an underlying health condition, such as severe obesity, diabetes or high blood pressure, or are older than 35.

If you develop COVID-19 during pregnancy, you have an heightened risk of suffering certain disorders during pregnancy, such as pregnancy toxaemia (pre-eclampsia). Under certain circumstances, this may lead to the birth being prematurely induced or the need for a caesarean section.

Is vaccination recommended for me?
The coronavirus vaccination is recommended for everyone aged 12 or older. The German Standing Committee on Vaccination (STIKO) also recommends vaccination specifically
— during pregnancy, that is from the second trimester onwards, i.e. from the 13th week of pregnancy,
— while breastfeeding, and
— for women of childbearing age to ensure that they are protected by the vaccine before a possible pregnancy.

What are the benefits of the coronavirus vaccination for me if I am pregnant or breastfeeding?
The vaccine provides very good protection against:
— infection with the SARS-CoV-2 coronavirus
— severe symptoms of COVID-19
— complications in pregnancy caused by COVID-19
— premature birth, induced birth or caesarean section as a result of COVID-19

If you are fully vaccinated, you will also be protecting other people in your environment from becoming infected by the coronavirus – for instance family members who cannot themselves be vaccinated.

The coronavirus vaccine forms protective antibodies to fight off the coronavirus. These antibodies are also passed onto the unborn child if the expectant mother is vaccinated.
Antibodies can also pass from the mother to the child through the mother’s breast milk. It is currently unclear whether the mother’s antibodies can also protect the child from COVID-19.

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Vaccination at the start of pregnancy
Did you only realise after your first vaccination that you were already pregnant? Based on the findings to date, STIKO assumes that there is no danger to your child in this case either. However, you will only receive your second injection from the 13th week of pregnancy onwards.
How safe is the coronavirus vaccination during pregnancy and lactation?

The vaccines are generally well tolerated during pregnancy and when breastfeeding. It can lead to normal vaccination reactions, such as pain at the injection site, fatigue, headaches or even fever. These possible symptoms usually disappear after a few days. There is currently no evidence to suggest that vaccination reactions or adverse effects occur more frequently during pregnancy or with breastfeeding mothers.

It is also important to note: as with all vaccinations, allergic reactions can occur in rare cases. Therefore, please indicate if you have ever had an allergic reaction before you are vaccinated.

What vaccines are recommended?

Currently, two mRNA vaccines are recommended in Germany for pregnant women, breastfeeding women and women of childbearing age:

Comirnaty®
Biontech/Pfizer
3 to 6 weeks apart
2 injections

Spikevax®
Moderna
4 to 6 weeks apart
2 injections

Following a medical consultation, a different vaccine may also be considered for women who are not pregnant or breastfeeding.

The Robert Koch Institute provides information on possible vaccine reactions and side effects here: Information leaflet on mRNA vaccines

Good to know: All vaccines also provide very good protection against the more contagious Delta variant of the coronavirus. Complete protection is only provided two weeks after the second injection.

With or without vaccination: Keep safe with the Hands+Face+Space rules. Continue to keep your distance, practise good hygiene, wear a mask in everyday life, ventilate rooms and use the coronavirus Track and Trace app.

We would be happy to answer any further questions you may have:

0800 232 27 83
BZgA free telephone advice

www.infektionsschutz.de/coronavirus/schutzimpfung/schwangerschaft-und-stillzeit.html

Zusammen gegen Corona ("Together Against Coronavirus" campaign): www.zusammengegencorona.de/impfen/familien/

Federal Ministry of Health: www.bundesgesundheitsministerium.de/coronavirus/

There is no evidence to suggest that the vaccines currently approved have an effect on fertility or cause changes in the reproductive organs of men or women. As with other vaccinations, some women may experience a temporary change in their cycle after vaccination. However, this has no effect on fertility.

There is no scientific evidence to indicate that vaccinating the mother during pregnancy or lactation has an adverse effect on the child. The vaccine could not be detected at all, or at most in very small quantities, in breast milk. This means that you can continue to breastfeed as usual after vaccination.

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