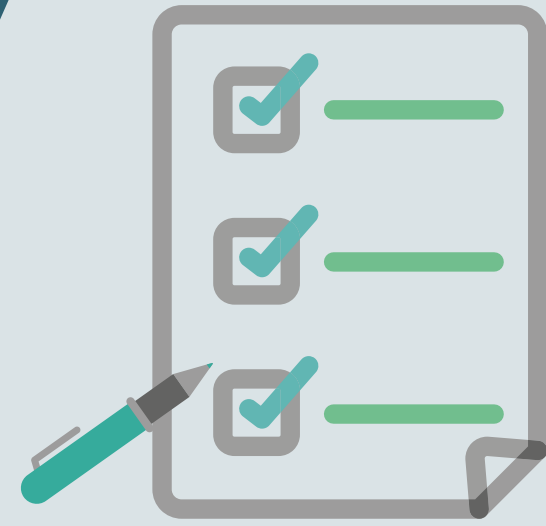# Pregnancy and COVID-19

Pregnant people are at a higher risk for severe illness from COVID-19.
As there is no way to ensure you have zero risk of infection, make sure you understand the risks and protect yourself.

Take steps to protect yourself from COVID-19

Wear a mask correctly
whenever you are in a public setting

Wash your hands
for at least 20 seconds with soap and water

Maintain physical distance
of at least 6 feet apart

Follow quarantine guidance after exposure to COVID-19
after day 10 without testing
after day 7 after receiving a negative test result

COVID-19 Vaccine Considerations for Breastfeeding or Pregnant People

What we know

Studies focusing on pregnant people are planned

Potential side effects are not expected to be any different for pregnant people than for non-pregnant people

COVID-19 vaccines are not thought to be a risk to the breastfeeding infant

Women who are trying to become pregnant do not need to avoid pregnancy after receiving an mRNA COVID-19 vaccine

Monitoring of more than 30,000 pregnant women who have received the Moderna and Pfizer vaccines since December 2020 have not indicated any safety concerns

The risk of COVID-19 infection

Pregnant people with COVID-19 have an increased risk of severe illness, including illness that results in
- ICU admission
- mechanical ventilation
- death

Pregnant people with COVID-19 are at increased risk of adverse pregnancy outcomes, such as preterm birth

Getting vaccinated is a personal choice for people who are pregnant

Pregnant people and their household contacts are part of Phase 1c and are eligible to receive their COVID-19 vaccine, may choose to be vaccinated

A conversation between pregnant patients and their clinicians may help them decide whether to get vaccinated
- While a conversation with a healthcare provider may be helpful, it is not required prior to vaccination

For more information please visit www.tn.gov/health

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