

**COVID-19**

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STAY  
**SAFE**  
CAYMAN  
SAVE LIVES

# COVID-19 Vaccines



**Protect You  
& Your Baby**



Cayman Islands  
Government



There is no known risk associated with giving inactivated, recombinant viral or bacterial vaccines or toxoids during pregnancy or whilst breastfeeding (Kroger et al., 2013).

## **I'm Pregnant, can I get the COVID-19 vaccine?**

COVID-19 vaccines offer pregnant women the best protection against COVID-19 disease which can be serious in later pregnancy if infected. As a pregnant woman, you are more at risk of getting very sick from COVID-19 compared to those who are not pregnant. In addition, if you have underlying health conditions, such as high blood pressure or diabetes, you are at an even higher risk of suffering serious complications from COVID-19.

## **What should I ask my doctor?**

Choosing to get the vaccine while you are pregnant is an important decision. If you are pregnant or planning to get pregnant, it may help to talk through your concerns with your healthcare professional.

Consider discussing the following:

- » What are the risk of having COVID-19 to you and your unborn or newborn baby?
- » Where are you in your pregnancy? When is the best time for you to get vaccinated?
- » How can you safely treat any side effects of the vaccine? Which over-the-counter medicines are safest for you?

If you choose not to get the vaccine while pregnant, be extra careful and practice preventative measures like wearing a face covering, maintaining at least six feet distance from persons who are not members of your household, avoiding large gatherings and frequent hand washing. Consider taking the vaccine soon after you give birth.

## **What about breastfeeding mothers?**

The Joint Committee on Vaccination and Immunisation (JCVI) has recommended that the vaccines can be received whilst breastfeeding. This is in line with recommendations from the USA and the World Health Organization.

Talk to your healthcare provider and visit [www.gov.ky/coronavirus](http://www.gov.ky/coronavirus) for more information.

