



## Covid-19: Pregnant, planning pregnancy or breastfeeding?

Covid-19 is more dangerous in pregnant women, especially towards the end of the pregnancy. Pregnant women who are older or are diagnosed with hypertension, diabetes, obesity, TB or untreated HIV are especially at risk.

### What do we know about Covid-19 vaccines?

- Covid-19 vaccine studies in pregnant women have not shown any harmful effects on the developing baby or on pregnancy. Over 148 000 pregnant women in the United States have been vaccinated without any safety concerns.
- Covid-19 vaccines are safe and very effective. They decrease the chances of you getting severe Covid-19 or dying from Covid-19.
- The vaccine can protect you from getting even mild Covid-19 infection.
- The Covid-19 vaccines do not contain the live virus, so cannot give you or your baby Covid-19.
- They cause the same side effects whether you are pregnant or not. These are usually mild. You can use paracetamol if you have a fever or headache after vaccination.
- You have a greater chance of getting very sick from Covid-19 than from having a severe side effect of the vaccine.
- There are no known risks for your baby when breastfeeding. There may be benefits for your baby if you are vaccinated.
- There is no evidence that Covid-19 vaccines cause problems with fertility or getting pregnant in the future.

### What must you do now?

1. Discuss with a healthcare provider if you need more information or have concerns.
2. Continue to attend your routine antenatal care and baby clinic visits.
3. Continue with measures to avoid becoming infected with Covid-19:
  - Wear your mask
  - Wash your hands
  - Keep a safe physical distance from others
  - Avoid crowds, confined spaces and poorly ventilated areas

### Get vaccinated against Covid-19

You can register ahead of time on the [Electronic Vaccination Data System](#), or visit a vaccination site where you will be assisted with registration.

### How to register:

- You will need a cell phone number or the cell phone number of a relative or friend where confirmation of your next booking will be sent.
- Your RSA ID / passport / refugee permit /asylum seeker permit number.
- If you don't have these documents, the team at the vaccination site will assist you to register.
- To register **via WhatsApp: Send the word REGISTER to 060 0123 456** or **dial\*134\*832#**
- After registration, you will receive an SMS confirming your registration on the system.

- You can go to any of the vaccination sites. There is no need to wait for an appointment.
- If you receive the Pfizer vaccine, you will get an SMS with your next appointment date.

**What to bring with you to the vaccination site:**

- A cell phone number or the cell phone number of a relative or a friend.
- Your identification document (ID) / passport / asylum seeker / refugee permit number.

If you don't have these documents, you can still be vaccinated. Speak to the team at the vaccination site.