

5 THINGS YOU NEED TO KNOW ABOUT THE COVID-19 VACCINES



1. How were the COVID-19 vaccines created?

The COVID-19 vaccines (Moderna and Pfizer) are mRNA vaccines. The newly approved Janssen (from Johnson & Johnson) vaccine is a virus vector vaccine. Once you receive the vaccine, your body starts making proteins (antibodies) against COVID-19, which is how you get protected. All three vaccines are not live viruses and will not change your genetics.



2. What is messenger RNA (mRNA) & a virus vector ?

Good news! You already have and make mRNA in your body. Messenger RNA (like its name implies), delivers a message to your body to make proteins. A virus vector is like a messenger that also tells your body to make proteins. Those proteins turn into antibodies to fight infections and protect us from getting sick all the time.



3. What is the use of mRNA & vectors?

Messenger RNA and vectors have been used before in medicine to study and create vaccines and even for some cancer treatments. Once they create an immune response, they are naturally destroyed by your body.



4. What if I am trying to get pregnant ?

The American College of Obstetricians and Gynecologists and the American Society for Reproductive Medicine both recommend COVID-19 vaccination for women who are contemplating pregnancy or who are pregnant in order to minimize risks to themselves and their pregnancy. The vaccines have not been shown to cause infertility in both men and women.



5. What are the risks COVID-19 in pregnancy?

It is important to understand that being pregnant increases your risk of severe infection with COVID-19. Pregnant women with COVID-19 have been shown to be 3 times more likely to be admitted to an intensive care unit (ICU) and requiring respiratory support compared to non-pregnant women with COVID-19.

Women of color, specifically Latina or Black women, also continue to be disproportionately affected with more severe illness, including death from COVID-19. Getting the vaccine can also help protect you and other pregnant women around you from COVID-19 infection.