



Ministerie van Volksgezondheid,
Welzijn en Sport

Information about the coronavirus vaccine for pregnant women

Extra protection for you and your child



To find out more, go to

mijnvraagovercorona.nl/zwanger

or call 1400

Are you pregnant? You can get the coronavirus vaccine

When you are pregnant, you are at a higher risk of becoming seriously ill from the coronavirus. That is why you can get the coronavirus vaccine during your pregnancy. The coronavirus vaccine gives a boost to your protection. This reduces the risk of getting complications during your pregnancy and of ending up in hospital.

Making an appointment to get the vaccine yourself

When you are pregnant, you will not receive a personal invitation letter for the coronavirus vaccine. You can make an appointment with the Municipal Public Health Service (GGD) yourself. You can call **0800-7070** during office hours.



Why get the coronavirus vaccine when you are pregnant?

It is extra important to be protected against the coronavirus during your pregnancy. This is because you are at a higher risk of becoming seriously ill from the coronavirus. It may lead to complications, such as premature birth. There is also a risk that you may end up in hospital. This will have consequences for you and your child. That is why it is important to get the coronavirus vaccine when you are pregnant.

The coronavirus vaccine is safe

There are no indications that the coronavirus vaccine leads to complications during pregnancy. There are also no indications that the coronavirus vaccine is harmful to you or your child.

When to get the coronavirus vaccine

You can get the coronavirus vaccine at any time during your pregnancy. The risk of complications from the coronavirus increases at the end of your pregnancy, so you should not wait too long. Ideally, you should get the coronavirus vaccine between weeks 13 and 26 of your pregnancy.

Getting the coronavirus vaccine is voluntary

You choose if you want to get vaccinated or not. There is no obligation to get the coronavirus vaccine. Make sure you are well informed, so that you can make the right choice.

Good to know:

- To vaccinate you against the coronavirus, we use the latest available vaccine.
- The coronavirus vaccine is free of charge.
- The vaccine will be injected in your upper arm.
- Change your appointment or make a new one at [Planjeprik.nl](https://www.planjeprik.nl) if:
 - you are ill or have a fever before getting the coronavirus vaccine;
 - you missed your appointment to get the coronavirus vaccine.



Chance of short-duration side effects

With every vaccine, there is a small chance of getting side effects. The coronavirus vaccine is no different. This is because the vaccine 'turns on' your body's immune system. This immune system protects you against the coronavirus, but it may also cause other symptoms. Most side effects disappear within one to three days, just like with the flu vaccine.

The following symptoms are common:

- Pain at the injection site
- Headache
- Feeling tired
- Muscle ache
- Fever

If the pain or fever becomes intense, you can take paracetamol. Did you get the vaccine and do you have symptoms not listed under the mild or short-duration side effects above? Report this to Lareb at mijnbijwerking.nl. Always contact your general practitioner if you are worried about your own health or the health of your child.



This is how you protect yourself and others

The corona vaccination will protect you against hospitalisation or death due to corona. But even if you have been vaccinated, you can become infected with the coronavirus. And you're risking long-term symptoms (post-COVID). That is why it remains important to be careful and to prevent contamination in yourself and others as much as possible. Do you have symptoms associated with respiratory infections, such as a cough, sneezing, a sore throat or a runny nose?

- Stay at home when you are ill.
- If your symptoms are mild, discuss with your employer whether you can work from home.
- If you have symptoms, avoid physical contact with people who may become seriously ill from a respiratory infection. If you cannot avoid physical contact, for example because you are an informal carer, you should wear a face mask.
- Cough and sneeze into the crook of your elbow and wash your hands thoroughly and often with soap and water, even if you have no symptoms.
- Make sure that all rooms are properly ventilated.