



Why We Recommend the COVID 19 Vaccine

A lot of folks are asking us if we recommend the COVID 19 vaccine. The resounding answer is YES! This is our best way to get past the pandemic. We are confident that the vaccines approved by the FDA are safe and effective. We have the most rigorous drug, device, and vaccine approval protocols in the world. The science behind vaccines is over 100 years old. Some of our routine vaccines have been developed here at Cincinnati Children's Hospital (the Sabin polio vaccine). Our practice has participated in vaccine trials through the Gamble program at Cincinnati Children's. Although the process for the currently approved COVID19 vaccines was accelerated, they were still tested in thousands of adults, and the mRNA technology has been years in the making. Several of our physicians actually participated in the Pfizer trial through Cincinnati Children's Hospital.

What about for children or for breastfeeding or pregnant moms? The answer is yes, but we don't have all the data yet. The trials for children are ongoing. All our routine vaccines are approved for moms who are breastfeeding. In fact it is often helpful to the nursing baby by passing mom's antibodies through the breastmilk. This is why we recommend influenza and pertussis (Tdap) vaccines for new parents. The same is true in pregnancy. Most vaccines are safe during pregnancy and the initial COVID 19 data appears safe. In both cases the antibodies from mom could pass on to the infant but actual COVID vaccine mRNA particles do not cross into the placenta or breastmilk. Pregnancy does increase a woman's risk of complications from COVID 19. If you are in a group that is eligible for the vaccine due to age, health reasons, or occupation we recommend to go ahead and take it.

Of course, you should check with your primary care provider or OB-GYN to see what they recommend.

For more details check out this article by Harvard Health: <https://www.health.harvard.edu/blog/wondering-about-covid-19-vaccines-if-youre-pregnant-or-breastfeeding-2021010721722>

Here are some FAQ's from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

