

## Answers to your COVID-19 vaccine safety questions

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Learn more: <https://www.legacyhealth.org/covid19>

### Can I trust the FDA approval process?

Yes. Clinical studies take a long time because it usually takes a long time to find enough volunteers and patients who have the disease. That problem did not exist with the COVID-19 vaccine. Volunteers were found quickly. The clinical studies involved huge pools of participants with tremendous outcomes. Researchers also worked through traditional clinical trial processes in an unprecedented way. They did so without sacrificing rigor and precautions to deliver a safe and effective vaccine.

### Is the vaccine safe?

Yes. The vaccine has been studied in tens of thousands of volunteers in clinical trials, and each clinical trial has highlighted the safety of each vaccine. Serious safety problems have been rare. The number of patients who have gotten side effects from the vaccine is very small compared to unvaccinated people who have gotten COVID-19. The vaccines have also undergone the most intense safety monitoring in U.S. history by the Food and Drug Administration.

### Is the vaccine safe during pregnancy?

Yes. A recent study showed that pregnant patients who were vaccinated had a lower rate of pregnancy loss and birth defects compared to unvaccinated pregnant patients in the general population. The American College of Obstetricians & Gynecologists, the Society for Maternal-Fetal Medicine, and the Centers for Disease Control and Prevention (CDC) recommend that all pregnant individuals be vaccinated against COVID-19. Pregnant people are at an increased risk of suffering severe complications and death due to COVID-19 infections.

### Is the vaccine safe if I have an autoimmune disorder?

People with autoimmune disorders should consult with a primary care provider or specialist provider, if applicable, before getting vaccinated. The CDC states people with autoimmune conditions may receive the COVID-19 vaccine, but also notes that there have not been studies focused on individuals with autoimmune conditions and vaccines.

### Does the vaccine add any value if I have natural immunity from having been infected by COVID-19 previously?

Yes. There are studies suggesting people who are not vaccinated are twice as likely to get infected again. Natural immunity is robust and can provide some protection against COVID-19. But it's not clear how much protection. There has been one notable finding, however: People who had COVID-19 previously, and who received one dose of the Pfizer-BioNTech vaccine, were better protected against reinfection than people who did not receive the vaccine at all.

