- Hi, I'm Dr. Dipika Dandade, an OBGYN specialist with Kaiser Permanente. The ongoing COVID-19 pandemic has many of us feeling concerned. That's especially true for pregnant people who are more likely to get severely ill with COVID-19 than those who are not pregnant. Severe COVID-19 can require hospitalization and may even result in death. Having COVID-19 during pregnancy also increases the risk of giving birth prematurely, which can cause health problems for your baby. The good news is that the COVID-19 vaccines are safe and effective and offer the best protection against the virus for both you and your baby. Kaiser Permanente is urging all people who are pregnant, breastfeeding, trying to get pregnant, or who might become pregnant in the future to get vaccinated. A growing body of evidence confirms that the benefits of receiving a COVID-19 vaccine outweigh any known or potential risks for pregnant people. There is no evidence that COVID-19 vaccines can cause fertility problems in either women or men. Vaccination of pregnant people also builds antibodies that can be passed to the baby, and those antibodies might protect the baby from COVID-19. If you are pregnant or breastfeeding and have delayed getting vaccinated for COVID-19, I urge you to take action as soon as possible. The Delta variant is much more infectious and dangerous than previous strains of the coronavirus, and rates of infection among pregnant people and young children are rising. Talk to your healthcare provider if you have concerns about getting vaccinated for COVID-19. No-cost vaccinations are available at Kaiser Permanente or through any authorized vaccination provider. Visit kp.org/covidvaccine to find options near you.