

COVID-19 Boosters update

At UCSF Women's Health we want to keep our patients informed of the frequent changes that are occurring with COVID-19. Please review below the frequently asked questions regarding the Pfizer BioNTech COVID-19 vaccine booster (or 3rd dose), how to receive it, and what to expect.

If I am pregnant or was recently pregnant and previously vaccinated, am I eligible and/or is it recommended to receive a COVID-19 vaccine booster?

On Sept 23, 2021, the CDC issued updated interim recommendations regarding Pfizer BioNTech COVID-19 boosters to include pregnant and recently pregnant patients in the "underlying medical condition" ([visit url below](#))¹ criteria, making pregnant and recently pregnant patients eligible for the COVID vaccine booster.

There are specific qualifying criteria related to this vaccine booster to be aware of:

It is only available to those who received the Pfizer vaccine

6 months must have passed from date of receiving the second dose of Pfizer vaccine.

The time frame for recently pregnant is defined as within **42 days (6 weeks) of delivery**.

For now, the pregnant and recently pregnant patients who received either the Moderna or J&J COVID-19 vaccine will have to wait until the CDC/FDA release that data and makes recommendations, which we expect will happen very soon.

We do recommend that pregnant and recently pregnant patients receive the booster dose due to the increased risk for hospitalization and severe disease and the extended protection against COVID-19. Please ([visit url below](#))² for further information regarding the CDC's recommendations on booster shots and ([visit url below](#))³ for the Society of Maternal Fetal Medicine's considerations for the vaccine booster.

I am pregnant or was recently pregnant and am opting to receive COVID-19 vaccine booster, where can I get it?

The COVID-19 vaccine booster is currently offered at UCSF. There will be high demand and limited drop-in capacity, so we strongly recommend reducing your wait time by scheduling an appointment. Make an appointment by calling 415-476-3307. There will be vaccine administration available at the Parnassus Heights, Mission Bay, and Mount Zion locations. For further information on UCSF vaccine clinic locations and hours, please ([visit url below](#))⁵.

Alternatively, you can obtain your booster easily through your local pharmacy like CVS, Walgreens, and RiteAid. We encourage you to seek out a booster shot at a place that is most convenient to you.

Once you receive the booster, please consider registering ([visit url below](#))⁴ for the CDC V-SAFE program so that we can help collect vaccine in pregnancy safety data! You will get secure text messages about any symptoms you may experience after your vaccine. Thank you to all that participate in this important program!

Will I need a doctor's note to receive the COVID-19 vaccine booster?

No. You do not need a doctor's note, or one from your OB. You will be asked to complete an attestation that you are eligible, but there is no doctor's note required for this process.

What side effects should I expect when I receive the COVID-19 vaccine booster?

The most common known side effects of COVID-19 vaccine are arm soreness at the injection site, general muscle aches, fatigue, joint pain and chills. Fever is less common. A persistent high fever (>102F) is a very rare side effect. If planning on vaccination or the vaccine booster, monitor yourself for fever and if you feel feverish, you can safely manage these symptoms with increased hydration, rest and acetaminophen (Tylenol). Follow the manufacturer's recommended dosing. Please do not take this before your vaccine, only afterwards if symptomatic. Please do not take Ibuprofen (Advil or Motrin) if pregnant.

Check your temperature 1-1.5 hours after taking the medication. If the fever does not respond to medication or your fever continues for more than 24 hours, please contact UCSF Obstetrics at 415-353-2566 (Monday-Friday 8 am-4 pm) or 415-353-1787 (nights and weekends). In the exceedingly rare scenario in which you think you're having an anaphylactic reaction (inability to breathe or throat swelling), please call 911 and seek medical care immediately.

Sincerely,

Your UCSF Women's Health Team

URLs for links in this message:

¹ <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html/#:~:text=external%20icon-,Pregnancy,-Pregnant%20and%20recently>

² <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#pfizer-booster>

³ https://s3.amazonaws.com/cdn.sfmf.org/media/3134/Provider_Considerations_for_Engaging_in_COVID_Vaccination_Considerations_10-1-21_%28final%29.pdf

⁴ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/register-for-v-safe.html>

⁵ <https://coronavirus.ucsf.edu/vaccines>