



## Who are the COVID-19 Vaccines Safe For?

Many individuals have specific questions about the COVID-19 vaccines and their allergies, medications, and other conditions. Below is some general information about common concerns; as always, be sure to always consult reliable resources like the Centers for Disease Control (CDC) for more information, and your doctor with specific inquiries about your personal health.

### **Are the vaccines safe if I'm pregnant or trying to get pregnant? **Talk to your doctor.****

According to the CDC, pregnant people have an [increased risk](#) of severe COVID-19 infection. While there are limited data regarding pregnant people from vaccine trials, available data suggest [no specific safety concerns](#). Before getting a COVID-19 vaccine, be sure to consult with a physician if you are pregnant, trying to get pregnant or currently breastfeeding. Per multiple sources on our 'mythbusting' fact sheet ([English](#), [Punjabi](#)), there is no documented risk of infertility from the COVID-19 vaccines.

### **Are the vaccines safe if I'm allergic to eggs? **Yes!****

Neither COVID-19 vaccine authorized in the United States [contains eggs](#), so the vaccine should be safe for individuals with that allergy.

### **Are the vaccines safe if I'm allergic to penicillin? **Yes!****

Neither COVID-19 vaccine authorized in the United States [contains penicillin or penicillin-like substances](#).

### **Are the vaccines safe if I have other severe allergies? **Talk to your doctor.****

There have been a very small percentage of cases of anaphylaxis occurring after vaccination, so if you have any concern or history of severe allergies, talk to your doctor before getting vaccinated.

### **Are the vaccines safe (or necessary) if I've already had COVID-19? **Yes!****

Having COVID-19 does not make you immune to getting the disease again. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, a vaccine [should be available](#) to you even if you already had COVID-19. (Note that you might be asked to wait a certain time period prior to receiving the vaccine if you have already had COVID-19.)

### **Are the vaccines safe if I am immunocompromised? **Talk to your doctor.****

Immunocompromised people (including those with weakened immune systems or those who take medications that suppress their immune systems) may have an increased risk of severe COVID-19 infection. The CDC [recommends](#) that immunocompromised people may be vaccinated against COVID-19 but recommends that they talk to their doctors to understand the risks of a reduced immune response to the vaccine.

### **Can children under the age of 18 get the COVID-19 vaccines? **Still being studied.****

The Moderna vaccine trials included individuals aged 18 and older; the Pfizer vaccine trial included those 16 and older. Right now, for these vaccines, scientists and doctors don't have enough information to recommend or not recommend them to children under 18. Vaccine trials

*The Sikh Coalition, the North American Sikh Medical and Dental Association (NASMDA), the Sikh Family Center, and the Jakara Movement are working to ensure that all Sikh Americans have access to information and resources regarding vaccinations for COVID-19. Visit [thesikh.co/vaccine](https://thesikh.co/vaccine) for more resources, and always consult your doctor with specific inquiries about your personal health.*



are going on right now to look into how children should be vaccinated. As more information becomes available, updates will be posted; it is best to speak to your pediatrician if you have questions or concerns about the appropriateness of a COVID-19 vaccine for your child.

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