



COVID-19 Vaccination

Introduction

Multiple professional organizations have performed research studies regarding COVID-19 infection and vaccination. With regards to young people's health, the overwhelming scientific evidence shows that vaccination is preferred over infection, as the risks with COVID-19 infection are much higher than from the vaccine itself.

Impact on Pubertal Development

COVID-19 vaccines can be safely used during puberty. Currently, there are many vaccines that are recommended during the teenage years, including vaccines that protect against whooping cough, tetanus and cervical cancer. They have been used for decades and are very safe and effective.

There are no scientific findings showing that puberty or growth is harmed by COVID-19 vaccination. Therefore, there is no reason to delay the COVID 19 vaccine for a teen based on what stage they are in pubertal growth.

Impact on Menstrual Cycle

In teens, the menstrual cycle normally varies for a few years after the first period, causing irregular bleeding patterns. Stress and weight changes, which occur frequently in teens, also cause changes in the menstrual cycle. Irregular periods are common and normal in the years following menarche (the first period).

Parents have shared concerns about whether the vaccine will affect their child's menstrual (period) cycle. Early studies did show that the period cycle that can be influenced by the COVID-19 vaccine, but these changes are temporary and periods will return to normal within a few months. The most recent study that involved the largest group of patients showed that the menstrual cycle was changed by less than one day and the length of the period did not change.

Impact on Fertility

There is no scientific data showing a link between COVID-19 vaccine and fertility and no evidence that current or future fertility will be harmed by COVID-19 vaccines. Further, there is no science showing that future fertility will be affected when the vaccine is given to adolescents. The vaccines do not alter a person's DNA or the DNA of their eggs. There is no evidence that the COVID-19 vaccine affects a person's ability to have a baby.

Several professional medical societies, including the American College of Obstetricians and Gynecologists, the American Society for Reproductive Medicine, and the Society for Maternal-Fetal Medicine, issued a joint statement sharing that there is no evidence that the vaccine is associated with declines in fertility.

COVID and Pregnancy

Pregnancy increases the risks of life-threatening complications from COVID-19 infection, including higher rates of difficulty breathing, need for intensive care unit admission, need for a breathing tube to help bring oxygen to the body, and increased rates of death in otherwise healthy pregnant women. Pregnant adolescents should be offered the COVID-19 vaccine as they are a group at high risk for these COVID complications. A pregnancy test is not needed before a vaccine. The American College of Obstetricians and Gynecologists and the Society of Obstetricians and Gynecologists of Canada recommend vaccinating women against COVID-19 during pregnancy. Individuals contemplating pregnancy should also make sure their immunizations, including COVID-19 are up to date.

Adolescents and young adults who are using hormonal birth control may continue to do so when considering any of the approved COVID-19 vaccines and should continue birth control, if already taking it, when they receive the vaccine. If you are in close and regular contact with a person at increased risk of a more serious COVID-19 infection, getting vaccinated should provide the vulnerable person with additional protection.

Consequences of Not Vaccinating

Some strains of the virus are spread more easily resulting in increased infections and hospitalizations for pediatric and adolescent patients. Vaccination is even more important at this point to decrease the likelihood of BOTH transmission of the virus and infection with COVID.

Other things you can do to decrease COVID-19 transmission include:

1. Routine hand washing
2. Covering your nose and mouth with a mask when in a group and indoors
3. Staying home or isolating if you have a fever, cough or other cold/flu like symptoms

How to Protect Yourself and Others:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention>

Quarantine and Isolation:

https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fyour-health%2Fquarantine-isolation

Additional Reference Links:

1. American Society for Reproductive Medicine Position Statement on Covid-19 Vaccination

<https://www.asrm.org/news-and-publications/news-and-research/press-releases-and-bulletins/asrm-smfm-acog-issue-joint-statement-medical-experts-continue-to-assert-that-covid-vaccines-do-not-impact-fertility/>

2. Center for Disease Control Recommendations on Covid-19 Vaccination

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html>

3. North American Society for Pediatric and Adolescent Gynecology Position Statement on Covid-19 Vaccination

<https://naspag.memberclicks.net/assets/docs/NASPAG%20Advocacy%20Statement%20-%20COVID%2019%20Vaccine.pdf>

4. Society of Obstetricians and Gynaecologists of Canada Position Statement on Covid-19 Vaccination

[https://sogc.org/common/Uploaded%20files/Latest%20News/SOGC Statement COVID-19 Vaccination in Pregnancy.pdf](https://sogc.org/common/Uploaded%20files/Latest%20News/SOGC%20Statement%20COVID-19%20Vaccination%20in%20Pregnancy.pdf)

5. American Academy of Pediatrics Position Statement on Covid-19 Vaccination

<https://pediatrics.aappublications.org/content/148/2/e2021052336#:~:text=The%20AAP%20recommends%20COVID%2D19,for%20use%20for%20their%20age>

6. NASPAG Position Statement on Covid-19 Vaccines and Gynecologic Concerns in Adolescents and Young Adults. J Pediatr Adolesc Gynecol. 2021 Aug;34(4):439-440. doi: 10.1016/j.jpag.2021.05.008. Epub 2021 Jul 7. PMID: 34246418; PMCID: PMC8261177.

7. Society of Obstetricians and Gynaecologists of Canada Position Statement on Covid-19 Vaccination and Fertility

[https://sogc.org/common/Uploaded%20files/Latest%20News/EN SOGCStatement COVID-19Vaccination-Fertility.pdf](https://sogc.org/common/Uploaded%20files/Latest%20News/EN%20SOGCStatement%20COVID-19Vaccination-Fertility.pdf)

This document was created and approved by the NASPAG Education Committee October 2022