

COVID-19 Update

April 29: Patient Vaccination Status, Vaccine Side Effects and Pregnancy, and New CDC Guidelines for Fully Vaccinated Individuals

Today's issue features an update on patient vaccination status, as well as information about vaccine side effects and pregnancy. It also includes new interim guidelines from the Centers for Disease Control and Prevention (CDC) for fully vaccinated individuals.

Correction: In the April 27 issue, the dosing recommendation for the treatment of vaccine-induced immune thrombotic thrombocytopenia (VITT) should have read as follows:

- IVIG in dose of 1 g/kg daily x 2 should be given with high dose of corticosteroids.

PATIENT VACCINATION STATUS

As of April 27, more than 100,000 patients and employees have been fully vaccinated by NM.

Appointments are available, and all NM patients age 16 and older may now schedule COVID-19 vaccination appointments. Patients can self-schedule appointments through their MyNM account. For patients who do not have a MyNM account, they can establish one at nm.org/mynm, or they can schedule appointments by calling the **COVID-19 Vaccine Hotline at 312.694.6600**.

The following patient vaccination resources are available:

- The **COVID-19 Patient Vaccination Records** guidelines can assist patients with accessing CDC vaccination cards.
- Information and tip sheets regarding patient vaccination are available in the **Patient Vaccine Toolkit** on Physician Forum and **NMI** (login required).

VACCINE SIDE EFFECTS AND PREGNANCY

To date, pregnant individuals have been excluded from the randomized trials that led to the Emergency Use Authorizations of all three COVID-19 vaccines in the U.S. Clinical trials (NCT04754594) are now underway to fill this void, and Northwestern Medicine is a study site. If you would like to learn more about this research or get involved, please contact Research Nurse Coordinator Brianne Condron at brianne.condron@nm.org.

As we wait for additional data, epidemiologists have been engaged in post-authorization monitoring. An important update on vaccine safety in pregnancy, including data from three U.S. vaccine safety monitoring systems, was published earlier this week in the *New England Journal of Medicine*. Data from the CDC's V-safe Surveillance System, the V-safe Pregnancy Registry and the Vaccine Adverse Event Reporting System (VAERS) were analyzed. V-safe included a total of 35,691

pregnant individuals, the V-safe Pregnancy Registry included 3,958 pregnant individuals, and VAERS included 221 pregnant individuals. Non-pregnant women 16 to 54 years of age served as the comparison group for vaccine side effects, and peer-reviewed literature served as a comparator for reported adverse pregnancy outcomes.

Vaccine reactions were similar among pregnant individuals compared to non-pregnant women. Adverse pregnancy outcomes of completed pregnancies — including spontaneous abortion, stillbirth, preterm birth, small size for gestational age, congenital anomalies and neonatal death — all fell within the normative ranges expected based on the medical literature. The data provide preliminary reassurance that no early safety signals exist for COVID-19 mRNA vaccination in pregnancy, and support recommendations previously made by the CDC, the American College of Obstetricians and Gynecologists (ACOG), and the Society for Maternal-Fetal Medicine (SMFM) that COVID-19 vaccines should not be withheld from pregnant individuals.

While continued monitoring, including monitoring on a more representative sample, is required, the data provide further reassurance to those experiencing vaccine hesitancy. For additional information and resources to support pregnant individuals in making an informed decision, please visit the [American College of Obstetricians and Gynecologists](#) and the [Society for Maternal-Fetal Medicine](#) websites.

NEW CDC INTERIM GUIDELINES FOR FULLY VACCINATED INDIVIDUALS

On April 27, the CDC released its revised guidelines for fully vaccinated individuals. For the purposes of this guidance, people are considered fully vaccinated for COVID-19 two weeks or more after receiving their final vaccine dose.

Please note that the following information does not apply to healthcare settings. All NM policies regarding universal masking, physical distancing and on-site meeting capacities remain in place. At NM facilities, physicians and staff should continue to follow the [PPE guidelines](#) posted on Physician Forum and [NMI](#).

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people (including children) from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Participate in outdoor activities and recreation without a mask, except in certain crowded settings and venues
- Resume domestic travel without being required to be tested before or after travel and without self-quarantining after travel

For now, fully vaccinated people should continue to:

- Take precautions in indoor public settings, like wearing a well-fitted mask
- Wear well-fitted masks when visiting indoors with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear well-fitted masks when visiting indoors with unvaccinated people from multiple households
- Avoid large indoor gatherings

The full guidelines can be found on the [Interim Public Health Recommendations for Fully Vaccinated People page](#) on the CDC website. To help reinforce the guidelines, the CDC also offers an easy-to-follow color-coded [Choosing Safer Activities chart](#) that can be printed and posted.

Information about masking and other safety practices at NM is available for physicians and employees on the [PPE guidelines page](#) on Physician Forum and [NMI](#), and for patients on the [Patient Safety During COVID-19 page](#) on nm.org/covid-19.

Thank you for your continued commitment to our *Patients First* mission and continue to encourage your patient to get vaccinated.



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