

## 《美疾控中心发紧急警告 建议孕妇接种疫苗》

过去一个月，美国死于新冠肺炎的孕妇人数创下历史新高。为此美国疾控中心发出紧急警告，建议孕妇、准孕妇和产妇都去接种新冠疫苗，以保护他人和胎儿的健康。



A health worker administers a dose of the Pfizer-Biontech COVID-19 vaccine to a pregnant woman at Clalit Health Services, in Tel Aviv on January 23, 2021. Jack Guez/AFP

Amidst an uptick in the number of pregnant people dying from COVID-19, the Centers for Disease Control and Prevention on Wednesday issued an urgent health advisory to doctors, public health leaders, and babymakers across the country - urging more vaccinations of pregnant people to protect the lives of those who are or may become pregnant, and to keep their fetuses safe and healthy too.

由于近期死于新冠肺炎的孕妇增多，美国疾病控制和预防中心本周三（9月29日）向全美各地的医生、公共卫生领导人和孕妇发布了一条紧急健康建议，敦促更多孕妇接种疫苗以保护孕妇或准孕妇的生命，同时也为了保护胎儿的安全和健康。

The advisory comes on the heels of the deadliest month of the pandemic for pregnant people yet. In August, at least 22 pregnant people died from COVID-19 in the US, and almost all of the pregnant people who have been hospitalized with COVID-19 in 2021 so far have been unvaccinated (97%).

在过去的一个月中，美国死于新冠肺炎的孕妇人数创下新高。八月份，美国至少有22名孕妇死于新冠肺炎。2021年以来因新冠肺炎住院的孕妇中几乎所有人（97%）都没有接种疫苗。

The CDC strongly recommends COVID-19 vaccination either before or during pregnancy, yet only around 1 in 3 pregnant people nationwide are vaccinated right now.

美国疾控中心强烈建议女性在怀孕前或怀孕时接种新冠疫苗，然而目前全美只有约三分之一的孕妇接种了疫苗。

The CDC's advice to get vaccinated also extends to those who have been recently pregnant and are now lactating, those who are trying to become pregnant, and others who might become pregnant some day.

美国疾控中心还建议那些刚怀孕或正在哺乳的女性，以及试图怀孕或未来可能怀孕的女性也接种疫苗。

The CDC says pregnant people who catch a symptomatic case of COVID-19 have a two-fold risk of admission to intensive care, and a 70% increased risk of death, compared to those who are not expecting.

美国疾控中心称，相比没怀孕的人，感染新冠肺炎的孕妇进入重症监护室的风险要高一倍，死亡率也增加了70%。

Despite that, only about a third (31%) of pregnant people have been vaccinated, with percentages varying widely across ethnic groups, from 45.7% of Asians, to 15.6% of Black people who are pregnant.

尽管如此，美国只有约三分之一（31%）的孕妇接种了疫苗，而且不同种族之间的疫苗接种率相差极大，亚裔孕妇的接种率为45.7%，而黑人孕妇的接种率才15.6%。

Misinformation about the vaccines being tied to infertility has been rampant during the pandemic. The truth is that COVID-19 vaccines are safe for people who are - or who want to become - pregnant, and the benefits of vaccination to pregnant people outweigh potential risks.

疫情期间，关于疫苗导致不育的虚假消息一直满天飞。真相是，新冠疫苗对于孕妇和准孕妇都很安全，而且疫苗对孕妇的益处大于潜在的风险。

As of Monday, more than 22,000 pregnant people have been hospitalized and 161 have died of COVID-19 during the pandemic, according to CDC estimates.

据美国疾控中心估算，截止本周一（9月27日），疫情暴发以来已有逾2.2万名孕妇住院，161名孕妇死于新冠肺炎。

Getting vaccinated can help prevent many infections among pregnant people entirely. According to one Israeli study conducted in the spring of 2021, Pfizer's COVID-19 vaccine lowered the risk of infection by 78% among more than 7,500 pregnant women.

接种疫苗有助于降低孕妇之间的感染率。2021年春季以色列开展的一项研究发现，辉瑞新冠疫苗将7500多名孕妇感染新冠肺炎的风险降低了78%。

And vaccinating pregnant people isn't just good for the adults in the room. Many studies have also shown that newborn babies can benefit from their mother's vaccination, deriving COVID-fighting antibodies in the womb that the little ones then carry with them after birth.

而且，孕妇接种疫苗不止有利于身边的成人。许多研究还显示，新生儿也可以得益于母亲的疫苗接种，他们会带着母亲子宫内的新冠抗体出生。

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