

CORONAVIRUS DISEASE 2019 (COVID-19)

Template Letter to Patients Who Experienced Recent Pregnancy
Loss to Encourage COVID-19 Vaccination



Audience: Vaccine Administrators, Providers and Clinicians

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Guidelines for use: Use this template letter for outreach to patients who recently experienced a pregnancy loss to encourage COVID-19 vaccination. Please be considerate of the sensitive nature of this topic for this patient population. Use the [patient data made available on 10/20/21](#).

<Date>

Dear <Patient Name>,

We are deeply sorry for your recent pregnancy loss. No matter what stage of pregnancy you were in, the loss of an anticipated child can be devastating, and we offer you our sincere condolences.

During this time, we encourage you to take care of yourself. Some suggestions for self-care after loss are listed below.

- Prioritize your physical health. Getting enough sleep, eating well, and light exercise can help your body heal.
- Seek out a pregnancy loss support group. Talking with others who have experienced a similar loss can be helpful. Some groups meet in person, while others offer more anonymous online forums.
- Consider contacting a mental health provider. The loss of a pregnancy can be highly traumatizing, and therapists can help you process feelings of grief and other complicated emotions.
- Protect yourself from COVID-19. The immune system changes during pregnancy and for some time afterward, leaving people especially vulnerable to the effects of COVID-19. If you have not already done so, the best way to protect yourself is to receive the COVID-19 vaccine. The vaccine is safe and effective. The CDC recently issued a health alert recommending those who are or were recently pregnant to receive the COVID-19

vaccine as soon as possible. To learn more and schedule a COVID-19 vaccine, visit [<Health Ministry website vaccine page>](#).

- If it feels right to do so, consider memorializing the baby. Some find the practice of writing a letter, creating a small memorial, or planting a tree to be healing.

If you have any questions or concerns, we encourage you to reach out to your health provider. In addition to answering any medical questions, they may be able to guide you to local resources. We wish you peace and healing in the days ahead.

Sincerely,

<Physician Name>

More Information

- Frequently Asked Questions about COVID-19 Vaccination - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>