

# MADRES Newsletter

## Mission Statement

To learn about how the environment affects a woman's pregnancy and her child's health. To understand more about the effects of air pollutants, chemicals and stress on a mother's weight during and after pregnancy, and on her baby's birth weight, growth and early life health.

## COVID-19 Vaccine Information



The Center for Disease Control and Prevention now recommends that you receive a Coronavirus vaccine as soon as possible.



Latinos in Los Angeles County have been nearly twice as likely to contract a COVID-19 infection and to experience secondary consequences of the pandemic.



Millions of people in the United States have received the COVID-19 vaccine under intense safety monitoring.



Whether or not to receive the COVID-19 vaccine is a personal choice and women who are considering vaccination may benefit from discussing their options with their healthcare provider.

### What you need to know...

- The COVID-19 vaccine is safe and effective.
- There is an extremely low risk of long term side effects.
- There are many known benefits of vaccination.
- Once fully vaccinated, you may resume activities that you did prior to the pandemic without wearing a mask or physically distancing except where required by state or federal law.



### Common Side Effects of the COVID Vaccine



Fatigue



Muscle pain



Chills



Fever



Nausea



# MADRES Timeline

\*In person visits are now being offered\*

- **1st Trimester**  
Visit @ USC:  
Questionnaires, measurements, samples
- **2nd Trimester**  
Questionnaire by phone
- **3rd Trimester**  
Visit @ USC:  
Questionnaires, measurements, samples
- **7-14 days**  
Questionnaire by phone
- **1 Month**  
Visit @ USC:  
Questionnaires, measurements, samples
- **3, 6, & 9 Months**  
Questionnaire by phone
- **12 Months**  
Visit @ USC:  
Questionnaires, (mom&baby) measurements, samples



## MADRES follow up

MADRES has launched a follow up study for families who previously participated. We will be contacting you this year to ask you to participate.

Participation involves completing phone questionnaires...

- Around your child's birthday from ages 1-5
- Six months in between your child's birthday from ages 1.5-4.5



# Community Resource List

 **headspace**

Headspace is a mindfulness and wellbeing smartphone application that is currently free for all LA County residents. Visit [headspace.com/lacounty](https://headspace.com/lacounty) for your free subscription.

**LA County Vaccines**



For general information about vaccine safety and availability visit the Los Angeles County Department of Public Health website. <http://publichealth.lacounty.gov/media/coronavirus/vaccine/index.htm>

 **Weingart East LA**

Weekly food distributions, Free Diapers Monday, GrabnGo Meals, Free Pet Food Wednesday. Call 323-754-3191 for more information. <https://www.ymcala.org/keeping-our-community-together>

## Q&A: Jennifer Canico

Jennifer is currently conducting the 30 and 42-month phone questionnaires.

**1. What is your favorite memory so far with your mom?**

*"My favorite memory is when my mom and I traveled together to Mexico for the first time in 20 years. After I recovered from neonatal surgery, my mom promised to Our Lady of Guadalupe that she'd personally take me to Mexico's Roman Catholic church someday to thank Her for answering her prayers. We also gathered my mom's entire family for the first time ever to celebrate her birthday. It's a trip I'll cherish forever."*

**2. What do you admire most about your mom?**

*"What I admire most about my mom is her strength. She is the strongest and most amazing woman in this world to me."*

