

COVID-19 Vaccines for Pregnant & Lactating Persons

Is it safe to get vaccinated if I am pregnant?



Yes! In fact, being pregnant or recently pregnant makes you more at risk for severe illness from COVID-19. This means a higher likelihood of intensive care (ICU) admissions, mechanical ventilation to help with breathing, or death. Pregnancies affected by COVID-19 are at increased risk for preterm birth and stillbirths. Being vaccinated helps prevent severe illness from COVID-19.

Also, getting a two-dose mRNA COVID-19 vaccine (Pfizer or Moderna) and staying up to date with boosters during pregnancy can protect your infant against hospitalization due to COVID-19 if they were to get the virus.

Can I get vaccinated if I am breastfeeding?

Yes! If you are vaccinated and breastfeeding, the antibodies made by your body can pass through your breast milk. This will provide some protection for your child.

Do the COVID-19 vaccines cause infertility?

No! COVID-19 vaccines encourage your body to create copies of the spike protein found on the virus's surface. This teaches your immune system to fight COVID-19. Think of the vaccine as your immune system's personal trainer – or the dress rehearsal!

In 2020, incorrect information surfaced on social media saying that the spike protein on COVID-19 was the same as a different spike protein that is involved in the growth and attachment of the placenta during pregnancy. It is not the same protein. Studies conducted in the past two years have shown that the vaccines have no negative impact on fertility.

When should I get vaccinated during pregnancy?

As soon as possible. COVID-19 vaccines can be given during any trimester. Boosters are recommended for everyone 12 years and older, including if you are pregnant. Be sure to stay up to date with COVID-19 vaccines.



Once I am vaccinated, what should I do?

Limit contact with people who might have COVID-19 and follow other recommendations from health officials to keep yourself safe from COVID-19, this may include wearing a mask, distancing, testing, etc.



COVID-19 vaccines are free.

Protect yourself.

Protect your baby.

Compared to adults who are up to date with their COVID-19 vaccines, unvaccinated adults are:

- 17x more likely to be hospitalized due to COVID-19
- 5x more at risk for COVID-19 infection