

Vaccinating Pregnant & Lactating Persons for COVID-19

SHOULD PREGNANT, RECENTLY PREGNANT, OR LACTATING PEOPLE GET VACCINATED?



Yes! Pregnancy makes someone at higher risk of severe complications due to COVID-19. This includes hospitalization, mechanical ventilation, and even death. Vaccination helps prevent severe illness from COVID-19. Additionally, pregnancies affected by COVID-19 are at increased risk for preterm birth and other severe complications. If someone is vaccinated and breastfeeding, the antibodies made by their body can be passed through breast milk and will help protect their newborn from the virus.

WHAT ARE THE RECOMMENDATIONS?

The American College of Obstetricians and Gynecologists (ACOG) strongly recommends all pregnant and 6-week post-partum people get vaccinated and boosted. The mRNA vaccines (Pfizer and Moderna) are the preferred vaccines.

WHEN SHOULD THE VACCINES BE GIVEN DURING PREGNANCY?

If someone is pregnant, they should be vaccinated and boosted as soon as possible. COVID-19 vaccines can be given during any trimester, although new evidence suggests that the vaccines given in the third trimester are 80% effective at preventing COVID-19 related hospitalization in infants younger than 6 months. Additionally, COVID-19 vaccines can be administered at the same time as other vaccines. COVID-19 vaccines are recommended for everyone 6 months of age and older.

WHAT ARE THE SIDE EFFECTS OF VACCINATION?

Pregnant or recently pregnant people experience the same side effects as non-pregnant peoples. This includes injection site pain, fatigue, and fever. Acetaminophen can be taken for fever. There is no evidence that suggests these vaccines cause infertility, stillbirth, or miscarriage

WHAT DOES THE DATA SAY?

- A [study](#) published in January 2022 found that serious adverse outcomes from COVID-19 infection, including urgent care admissions and perinatal death, were more likely in unvaccinated compared to vaccinated pregnant people.
- A 2022 [MMWR study](#) found that maternal vaccination during pregnancy helped prevent COVID-19-related hospitalization of infants aged <6 months by 61%.
- A 2023 study that showed that COVID-19 antibodies were passed to infants through their mother's breastmilk and provide infants with a layer of protection.

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