

COVID-19 Vaccines for Pregnant & Lactating Persons

SHOULD PREGNANT OR RECENTLY PREGNANT PEOPLE GET VACCINATED?

Yes! 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 infection are at increased risk for preterm birth and low birth weight. Being vaccinated and boosted (up-to-date with COVID-19 vaccines) helps prevent severe illness from COVID-19.

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 from COVID-19 for your infant. Children under six months old can't be vaccinated, so breastfeeding is a great way to help provide newborns with immunity.

ARE THE VACCINES SAFE?

Yes! The mRNA vaccines (Moderna and Pfizer) are safe for pregnant and breastfeeding people. We now have evidence from over 100 studies worldwide that the benefits of COVID vaccination far outweigh the risk. There is no evidence that suggests these vaccines cause infertility, stillbirth, or miscarriage. The virus, however, can cause all of these things.

WHEN SHOULD I GET VACCINATED?

As soon as possible. COVID-19 vaccines can be given during any trimester, although new evidence suggests that vaccination in the third trimester is more likely to pass protection to the infant. Additionally, COVID-19 vaccines can be administered at the same time as other vaccines COVID-19 vaccines are recommended for everyone 6 months and older.

WHAT ARE THE SIDE EFFECTS OF VACCINATION?

Pregnant or recently pregnant people experience the same side effects as non-pregnant people. This includes injection site pain, fatigue, and fever. Acetaminophen can be taken for fever.

