What should I know about COVID-19 vaccines if I'm pregnant or breastfeeding?

Catching COVID-19 can be **dangerous** if you have not received a vaccine.

The vaccines are **safe**. They **keep you from getting very sick** with COVID-19.

The COVID-19 vaccines **protect you and your loved ones** against the virus. They may even **protect your baby**.

Do You Have More Questions?

MotherToBaby

If you would like to speak to someone more about getting a COVID-19 vaccine while pregnant or breastfeeding, you can get in touch with **MotherToBaby**.

Experts here are free to answer your questions in English or Spanish by phone or chat.

This free service is open Monday–Friday 8am–5pm (local time).

Call **1-866-626-6847**, chat live at **https://mothertobaby.org/ask-an-expert/** or send an email to **ContactUs@mothertobaby.org**

americares

Americares is a health-focused relief and development organization that responds to people affected by poverty or disaster with life-changing health programs, medicine, medical supplies and emergency aid.

COVID-19 Vaccine Answers for

People Who Are Pregnant or Breastfeeding

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If I am pregnant or breastfeeding, should I get a COVID-19 vaccine?

YES!

Getting a COVID-19 vaccine is a great way to protect yourself against COVID-19. Choosing to get a vaccine can help keep your friends and families safe too.

Do I need to talk to a doctor before getting a COVID-19 vaccine?

If you're pregnant, you don't have to talk to your doctor before taking a COVID-19 vaccine. However, you can always reach out to them if you have any questions.

If I got pregnant after getting the first shot of Pfizer or Moderna, should I get the second shot?

Yes, you should get the second shot.

How safe is it to get a COVID-19 vaccine while I'm pregnant?

Experts have now spent months looking at the side effects of COVID-19 vaccines. Based on what they know, **COVID-19 vaccines are very safe for pregnant people and their babies.**

Feeling serious side effects from any vaccine is very rare, even COVID-19 vaccines. The protection you get from the COVID-19 vaccines outweighs the risks. This is even more true when you're pregnant.

Being pregnant has not been tied to any rare side effects from COVID-19 vaccines.

Is it safe to get a COVID-19 vaccine if I'm breastfeeding?

Lactating people should receive a COVID-19 vaccine. The vaccines have not been studied a lot in lactating people, but there are no known safety concerns.

What side effects might I feel after I get the shot?

Pregnant people will feel the same common side effects as non-pregnant people. Your arm might hurt after the shot. You can feel soreness, swelling, or redness there for a day or two. You might also feel tired or sore in the rest of your body. Some people get a headache or fever.

These side effects are mostly mild. They will go away in a few days.

Catching COVID-19 can be dangerous for people who are pregnant.

If you get sick with COVID-19 when you are pregnant and unvaccinated, then you are more likely than non-pregnant people to

⚠ **Get very sick from COVID-19**

⚠ **Go to the hospital due to COVID-19**

⚠ **Die from the disease**

Pregnant people who get COVID-19 are also more likely to deliver their baby early.
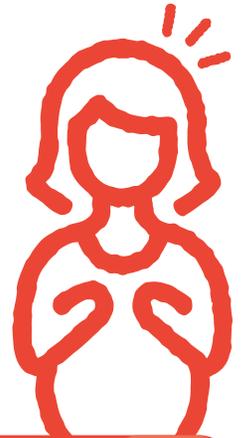
Getting fully vaccinated against COVID-19 can lower all these risks.

Plan to get your COVID-19 vaccine at **www.vaccines.gov**.