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?

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 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.
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.

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