

COVID-19 VACCINE

Information for people who are pregnant or breastfeeding



COVID-19 vaccination is strongly recommended for all people 12 years and older, including people who are pregnant, breastfeeding, or might become pregnant in the future. Research shows that COVID-19 vaccines are safe and effective for pregnant and breastfeeding people.

What are the benefits of getting the COVID-19 vaccine?

☼ COVID-19 vaccines prevent moderate and severe illness from COVID-19.

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- Pregnant people are [more likely to get severely sick from COVID-19](#) compared to non-pregnant people. Pregnant people with COVID-19 are at higher risk for pregnancy complications than pregnant people without COVID-19.
 - If you are fully vaccinated, your chance of getting severely sick or hospitalized is much, much lower than if you are not fully vaccinated.

☼ Getting a COVID-19 vaccine while pregnant or breastfeeding can protect those around you, and may protect your fetus or baby too.

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- In the [largest study](#) of its kind, researchers found mRNA COVID-19 vaccines are highly effective at protecting pregnant and lactating people against COVID-19. Babies also got protection through the vaccinated parent's placenta and milk.
 - Getting vaccinated can also protect people around you, particularly [people at increased risk for severe illness from COVID-19](#).

☼ COVID-19 vaccination is a safer way to help build protection.

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- The vaccines protect you without the risks that come with COVID-19 infection. Even people who did not have symptoms but were infected with COVID-19 can later develop [long-term health problems due to COVID-19](#).
 - COVID-19 vaccines have more [reliable protection](#) than from COVID-19 infection.

Vaccination is more urgent than ever with the increased circulation of the **highly contagious Delta variant** and the **increased risk of severe illness** and pregnancy complications related to COVID-19 infection among pregnant people.



Is it safe to get the vaccine if I'm pregnant or breastfeeding?

☀ **Early data suggests COVID-19 vaccines are safe for people who are pregnant or breastfeeding.**



- Several studies showed **no safety concerns** for thousands of pregnant people who were vaccinated or for their babies. COVID-19 vaccines do not cause pregnancy complications.
- An analysis of current data from the [v-safe pregnancy registry](#), previous [findings from three safety monitoring systems](#), and [other studies](#) add to growing evidence that COVID-19 vaccination during pregnancy is safe.

☀ **You may have some mild side effects after vaccination.**



- Pain or swelling in the arm where you got the vaccine, fever, tiredness, and headaches are normal responses by the immune system. Pregnant people have not reported different side effects from non-pregnant people after vaccination.
- Fever—for any reason—has been linked with pregnancy complications. Talk to your health care provider so you know what to do if you get a fever.

☀ **Talk with your health care provider** if you are worried whether the vaccine is safe for you or if you have a history of [allergic reaction](#) to any other vaccine or injectable medicine.



- Call 211 if you need help finding a health care provider.

COVID-19 vaccines do not cause infertility. Listen to one of America's best known doctors explain why.

Learn why the experts recommend the COVID-19 vaccine:

- The [American College of Obstetricians and Gynecologists](#), [Academy of Breastfeeding Medicine](#), [Centers for Disease Control and Prevention](#), and [Society for Maternal-Fetal Medicine](#), and [20 other maternal care and public health organizations](#) all recommend pregnant and breastfeeding people to get the vaccine.
- [Mayo Clinic Insights: Should pregnant women be vaccinated for COVID-19?](#)

Find a COVID-19 vaccine: Search [vaccines.gov](#), call 211, or text your ZIP code to 438829 to find locations near you.

Enroll in the [v-safe COVID-19 Vaccine Pregnancy Registry](#): Help researchers and other pregnant people learn more about the safety of COVID-19 vaccines through pregnancy and the first three months of infancy.