



COVID-19 Vaccine - Frequently Asked Questions

PREGNANCY, BREASTFEEDING, AND FERTILITY

Is the COVID-19 vaccine recommended for people who are pregnant?

Yes! The CDC and pregnancy experts, including the American College of Obstetricians and Gynecologists, the Society for Maternal-Fetal Medicine, and the American College of Nurse-Midwives, recommend that pregnant people stay up to date on their COVID-19 vaccinations. For the best protection, this includes receiving an updated booster dose. The vaccine can be given at any stage of pregnancy and it can be given at the same time as other vaccines.

Why is COVID-19 vaccination recommended?



COVID-19 is a serious concern during pregnancy. Although the overall risks are low, pregnant and recently pregnant people who get COVID-19 are more likely to become very sick, be hospitalized, and die compared to people who are not pregnant.

In addition, people who get COVID-19 during pregnancy are more likely to get complications that can affect their pregnancy and developing baby. These include preterm birth and stillbirth.

COVID-19 vaccination protects both pregnant people **and** their newborns from severe illness from COVID-19. In studies of people who have received the Pfizer and Moderna vaccines, protective antibodies against the virus were found in the umbilical cord blood and in breastmilk. A further study showed that getting a booster dose during pregnancy increased the level of these antibodies. Another study confirmed that vaccination during pregnancy was effective in protecting infants under the age of 6 months from being hospitalized due to COVID-19. For more information on these studies, visit the CDC webpage [COVID-19 Vaccines While Pregnant or Breastfeeding](#).

Is COVID-19 vaccination safe during pregnancy?

There is no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. The CDC and FDA use multiple [safety systems](#) to monitor people who have been vaccinated during all trimesters of pregnancy as well as their babies. No increased risk of miscarriage, stillbirth, growth problems, or birth defects has been found.

COVID-19 vaccines do not cause COVID-19 infection, including in people who are pregnant or their babies. None of the COVID-19 vaccines contain live virus. They cannot make anyone sick with COVID-19, including people who are pregnant or their babies.

Evidence continues to build, showing that COVID-19 vaccination before and during pregnancy is safe and effective. The benefits of receiving a COVID-19 vaccine outweigh any known or potential risks of vaccination during pregnancy.





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How can I get more information about COVID-19 vaccines and pregnancy?

For more information, visit the CDC webpage [COVID-19 Vaccines While Pregnant or Breastfeeding](#).

If you are pregnant and have questions about getting vaccinated, talk to your doctor. You can also talk to experts at MotherToBaby who are available to answer questions in English or Spanish. This free and confidential service is available Monday–Friday 8am–5pm. You can call 1-866-626-6847, text 855.999.8525, or start a chat at mothertobaby.org/ask-an-expert/.

Can people who are breastfeeding get the vaccine?



Yes! Experts, including the CDC, the American College of Obstetricians and Gynecologists, the Society for Maternal-Fetal Medicine, and the American College of Nurse-Midwives recommend that people who are breastfeeding be vaccinated against COVID-19. For the best protection, this includes getting an updated booster dose.

Lactating people were not included in the original vaccine studies. However, based on what we know about how these vaccines work and the information that is available, the vaccines are not thought to be a risk for the baby. Studies have shown that breastfeeding people who have received the Pfizer or Moderna vaccines have antibodies

in their breastmilk, which might help to protect their babies. These vaccines do not pass into breastmilk and cannot give COVID-19 to the baby.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes. The CDC and medical experts recommend vaccination for everyone ages 6 months and older. This includes people who are pregnant, trying to get pregnant, or who may want to get pregnant in the future, as well as their partners.

COVID-19 vaccines are not associated with fertility problems in women or men. There is also no evidence that COVID-19 vaccines affect puberty or teenage development.



Many people have become pregnant after receiving a COVID-19 vaccine. For more information, see the CDC webpage [COVID-19 Vaccines for People Who Would Like to Have a Baby](#).



Can the COVID-19 vaccine affect my period?



Some women have reported a change in their period after getting the COVID-19 vaccine. [Studies](#) show common, temporary changes after COVID-19 vaccination. These included a longer lasting period, shorter time between cycles, and heavier bleeding than usual. Despite these temporary changes in menstruation, there is no evidence that COVID-19 vaccines cause fertility problems.

It is important to remember, many things can cause a change to menstrual cycles such as stress, and changes in sleep, diet, exercise, and some medicines. It is also important to note that irregular periods are very common among teens and may have no specific cause at all. If you have concerns about your period or your child's periods, talk to a doctor.

Visit [VaccinateLACounty.com](https://www.vaccinatelacounty.com) for information about COVID-19 vaccines, including more [FAQs](#), [Vaccine Schedules](#) with graphics to show when each dose is due, and information on [How to Get Vaccinated](#).