

COVID-19 VACCINES AND PREGNANCY

Keeping You and Your Baby Safe

As you care for the health of you and your baby, you will make many important decisions. Getting a COVID-19 vaccine is the best way to protect both of you against the virus.

The CDC and American College of Obstetricians and Gynecologists (ACOG) recommend you get vaccinated if you:

- Are pregnant
- May become pregnant in the future, or are
- Currently breastfeeding.

Should I get a COVID-19 vaccine if I am pregnant?

Yes. It is safe and effective. The COVID-19 vaccine protects you from serious illness and keeps you healthy, so you can keep your baby healthy. Pregnant people who get COVID during their pregnancy are at higher risk of having a preterm birth.

The American Society for Reproductive Medicine says getting vaccinated before becoming pregnant or early in your pregnancy is the best way to reduce risk of complications from COVID-19 for you and your baby.

Can getting COVID-19 while I'm pregnant cause problems for me or my baby?

Yes, a recent multinational study shows pregnant people who catch COVID run a greater risk of:

- Maternal mortality
- Preeclampsia, and
- Preterm birth.

Am I at a higher risk of severe COVID because I am pregnant?

Yes. The CDC says pregnant women are at significantly higher risk for severe COVID compared with nonpregnant women.

When you are pregnant, your body changes in many ways. Your risk of getting severe COVID increases due to these changes, including:

- Increased heart rate
- Increased oxygen consumption, and
- Decreased lung capacity.

Is the COVID vaccine safe if I am trying to get pregnant or want to get pregnant in the future?

Yes, the vaccine is safe. There is no evidence that any vaccine – including any of the three COVID-19 vaccines – cause fertility problems in women or men. A recent report from the [v-safe safety monitoring system](#) showed 4,800 people had a positive pregnancy test after receiving a first dose of Pfizer or Moderna vaccine.

Two studies following pregnant people who received Pfizer or Moderna vaccines just before or during early pregnancy have not found an increased risk for miscarriage.

What other data exists around fertility after vaccination?

A recent study, compared pregnancy success rates across three groups of women undergoing in-vitro fertilization:

- Women vaccinated against COVID-19
- Women with antibodies from having a recent infection with the virus that causes COVID-19
- Women without antibodies from either having a recent infection with the virus that causes COVID-19 or from having been vaccinated against COVID-19

The study found no differences in pregnancy success rates.

If I am breastfeeding, should I still get the COVID vaccine?

Yes, the CDC recommends the COVID vaccine for people who are breastfeeding. Reports have shown that breastfeeding people who have been vaccinated have antibodies in their breastmilk, which could help protect their babies.

Can the COVID-19 vaccine give me or my baby COVID-19?

No. The vaccine does not contain any live virus, so it cannot give you or your baby COVID-19. The vaccine teaches your body to recognize COVID-19 and create an immune response.

The vaccine is eliminated from your body shortly after receiving the shot leaving only the immune response. The immune response is like the one you would receive after getting sick with COVID, but you avoid the damage that COVID can cause to your body.

What else can I do to keep my baby safe?

You can create a COVID-safe “cocoon” by getting vaccinated and encouraging those that come into contact with your baby to also get vaccinated.