



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 get vaccinated against COVID-19. For the best protection, this includes getting a booster dose if age 16 and older as well as the primary vaccine series (2 doses of Pfizer or Moderna vaccine or one dose of J&J vaccine).

COVID-19 is a serious concern during pregnancy. Pregnant and recently pregnant people who get COVID-19 are more likely to become severely ill, be hospitalized, and die compared to people who are not pregnant. In addition, pregnant people are more likely to get complications like preterm birth and stillbirth if they get COVID-19.

COVID-19 vaccination can protect pregnant people from severe illness from COVID-19. In studies of people who have received COVID-19 mRNA vaccines, antibodies were found in the umbilical cord blood of babies and in breastmilk. This means that vaccination during pregnancy might also help protect babies against COVID-19.



There is no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. Over a hundred thousand pregnant people who have been vaccinated have been monitored and no increased risk of pregnancy loss, growth problems, or birth defects has been found.

The growing evidence about the safety and effectiveness of COVID-19 vaccination during pregnancy shows that the benefits of receiving a COVID-19 vaccine outweigh any known or potential risks. For more information, see the Society for Maternal-Fetal Medicine guidance [COVID-19 Vaccination if You Are Pregnant or Breastfeeding](#) and 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 that is available Monday–Friday 8am–5pm. You can call 866-626-6847, text 855.999.8525, e-mail ContactUs@mothertobaby.org or start a chat on at mothertobaby.org/ask-an-expert/.



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Can people who are breastfeeding get the vaccine?



Yes. Experts, including the CDC, 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.

Lactating people were not included in the vaccine studies. However, based on what we know about how these vaccines work, the vaccines are not thought to be a risk for the baby. Recent reports have shown that breastfeeding people who have received the Pfizer (COMIRNATY) or Moderna vaccines have antibodies in their breastmilk, which might help to protect their babies. These vaccines do not pass into breastmilk.

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 professional groups recommend vaccination for everyone aged 5 years and older. This includes people who want to get pregnant now or in the future as well as their partners.

There is no evidence that female or male fertility problems are a side effect of any vaccine, including COVID-19 vaccines. Studies have shown no differences in pregnancy success rates in vaccinated and unvaccinated women. And a small study of men found no changes in their sperm (including the sperm count and movement) after they received a Pfizer or Moderna vaccine. There is also no evidence that COVID-19 vaccines affect puberty or teen's development.

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 periods?

Some women have reported a change in their period after getting the vaccine, including heavier flow and painful cramps. We don't yet know if these changes are due to the vaccine - menstrual changes were not reported from the vaccine trials and no study results are available on this issue yet. 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. 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.

