



### 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 as well as the primary vaccine series. The vaccine can be given at any stage of pregnancy.

### Why is COVID-19 vaccination recommended?



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, 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. In addition, a recent [study](#) confirmed that vaccination during pregnancy was effective in protecting infants under the age of 6 months from being hospitalized due to COVID-19.

### 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 continues to monitor people who have been vaccinated during all trimesters of pregnancy to better understand the effects on pregnancy and babies. 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. 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. It suggests that the benefits of receiving a COVID-19 vaccine outweigh any known or potential risks of vaccination during pregnancy.





# COVID-19 Vaccine - Frequently Asked Questions

## PREGNANCY, BREASTFEEDING, AND FERTILITY

### How can I get more information?

For more information, visit [smfm.org/covidfamily](https://smfm.org/covidfamily) and the CDC webpage [COVID-19 Vaccines While Pregnant or Breastfeeding](https://www.cdc.gov/vaccines/imz/downloads/pdf/covid-19-vaccines-while-pregnant-or-breastfeeding.pdf).

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 866-626-6847, text 855.999.8525, e-mail [ContactUs@mothertobaby.org](mailto:ContactUs@mothertobaby.org) or start a chat at [mothertobaby.org/ask-an-expert/](https://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.

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 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.

### 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 aged 5 years 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.

There is no evidence that any vaccine, including COVID-19 vaccines, cause fertility problems in females or males. There is also no evidence that COVID-19 vaccines affect puberty or teenage development.



A small [study](#) of 45 healthy men who received an [mRNA COVID-19 vaccine](#) reviewed sperm characteristics before and after vaccination. Researchers looked at sperm quantity and movement and found no significant changes in these after vaccination. By comparison, a different [study](#) found a decrease in fertility for up to 60 days in men who were *infected* with COVID-19. This study of over 2,000 people also found no differences in pregnancy success rates in men and women who were vaccinated compared with those who weren't. 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](https://www.cdc.gov/vaccines/imz/downloads/pdf/covid-19-vaccines-for-people-who-would-like-to-have-a-baby.pdf).



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### Can the COVID-19 vaccine affect my period?



Some women have reported a change in their period after getting the COVID-19 vaccine such as late periods, heavier flow, and painful cramps. There is limited research on COVID-19 vaccination and the menstrual cycle. Two recent studies showed common, but minor, changes after COVID-19 vaccination. These included changes in the length of the menstrual cycle and the time between cycles as well as heavier bleeding than usual. These changes were temporary.

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.

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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](#).

