



COVID-19 Vaccine Facts: Pregnancy and Breastfeeding



WHY GET VACCINATED FOR COVID-19

- **Vaccination is the BEST way to protect your newborn from serious health problems from COVID-19.** When you are vaccinated, you pass your protective antibodies to your fetus in the womb. Your baby is born with some protection against COVID-19.
- **Vaccination lowers your risk of getting very sick with COVID-19 while pregnant.** Pregnant people with COVID-19 are more likely to get very sick and be hospitalized or give birth early.



The vaccines are recommended during pregnancy and breastfeeding by every major maternal health organization.

WHEN TO GET THE VACCINE

- You can get the vaccine, including a booster, at any stage of pregnancy or when you are breastfeeding.
- **It is important to get an updated (bivalent) booster** if it has been at least 2 months after your last primary series or booster dose.
- You can get other vaccines, including the flu and Tdap, at the same time.



See ph.lacounty.gov/covidvaccineschedules for details.

WHY VACCINES ARE SAFE FOR PREGNANT PEOPLE

- Studies and safety monitoring of many people who were vaccinated while they were pregnant showed no increased risk of pregnancy complications or birth defects.
- None of the COVID-19 vaccines contain the live virus. The vaccines cannot give COVID to you or your baby.



If you have questions, talk to your doctor. You can also call 1-866-626-6847, text 855.999.8525, e-mail ContactUs@mothertobaby.org or start a chat on at mothertobaby.org/ask-an-expert.

VACCINES ARE FREE FOR EVERYONE - even if you don't have insurance

You will not be asked about your immigration status. There are many sites open weekends and evenings that don't need an appointment. To find a location:

- Visit ph.lacounty.gov/howtogetvaccinated or call **1-833-540-0473**, 8am - 8:30pm.
- You can also call 2-1-1 or ask your doctor or local pharmacist.
- Free transportation and in-home vaccination are also available.