

Getting a COVID-19 Vaccine during Pregnancy

Please speak with your prenatal provider if you have concerns or questions about getting vaccinated.

Should I get vaccinated if I'm pregnant?

The “decision to vaccinate must be left to each patient in consult with their trusted clinician” according to the American College of Obstetricians and Gynecologists (ACOG). They are advocating the vaccine be made available to pregnant individuals who want to be vaccinated. Vaccines are common during pregnancy and considered part of good prenatal care.

Initial research on the COVID-19 vaccines did not include enough pregnant women to give information about how it impacts pregnancy. None of the 18 people who were pregnant had complications.

Data shows that pregnant women with COVID-19 have higher rates of serious illness, including ICU admissions and the need for mechanical ventilation. Other diseases like obesity, high blood pressure and diabetes increase these risks. High risk groups are encouraged to get vaccinated to help them protect their health.

Do the vaccines cause miscarriages?

There is no evidence that the vaccines cause miscarriages.

When should I get vaccinated during my pregnancy?

It's best to speak with your provider and make a decision based on your risks of exposure to COVID-19 as well as risks of getting very sick if you do get the virus.

Can reactions to the vaccine harm my pregnancy?

Some people experience soreness where they get the shot and others develop mild flu-like symptoms for a day or two. When your body has these kinds of responses, it's a sign the vaccine is working. You are creating antibodies to the disease. Long term side effects are extremely rare from vaccines. There are much higher risks of negative long term effects from getting COVID-19 than getting vaccinated.

Can the vaccine harm my newborn if I'm breastfeeding?

There is no information on the safety of the vaccine and breastfeeding. It is likely that COVID-19 antibodies that you create from the vaccine will get passed to your baby through your breastmilk, just like other antibodies.

Will the vaccine make me not be able to get pregnant?

No, there is no evidence that the vaccines cause infertility.

Should I get vaccinated if I'm planning on getting pregnant?

Getting up to date on all of your vaccinations is a part of good prenatal planning. Having a pre-pregnancy visit with your provider is a good way to get the information you need to help your body be in great physical shape for a healthy pregnancy.