Should individuals who are pregnant, breastfeeding and/or wanting to become pregnant get the COVID-19 vaccine?

Yes. Pregnant individuals and those up to 6 weeks after delivery who have COVID-19 are at higher risk of severe disease and pregnancy complications regardless of symptom severity, including:

- Hospitalization, ICU admission, and mechanical ventilation
- Death
- Hypertensive disorders of pregnancy (including preeclampsia and eclampsia)
- Caesarean section
- Preterm birth and the subsequent neonatal complications of prematurity
- Stillbirth (this risk continues for the entire remainder of the pregnancy) [7,9]

What are the protective benefits of COVID-19 vaccines in pregnancy and breastfeeding?

- Along with masking and physical distancing, getting vaccinated is the most effective way to reduce the risk of COVID-19 and its complications [3,8].
- The protective antibodies from vaccination in pregnancy pass to your baby, which may keep them safe after birth [5].
- These antibodies are likely also passed in breastmilk with a continued protective benefit to your baby [5,8].

Should I get my COVID-19 vaccine booster if I am pregnant, breastfeeding, or trying to become pregnant?

- Yes. Pregnant and breastfeeding individuals mount similar immune responses to COVID-19 vaccines as the general population, including similar waning immunity over time. Booster doses are therefore not only recommended, but should be prioritized given the elevated risk of severe disease with COVID-19 infection in those who are pregnant and within six weeks after delivery [2,6,8].
- Data so far suggests that boosters are just as safe, effective, and potentially beneficial to your newborn as the primary series in pregnancy, breastfeeding, and those wanting to become pregnant - regardless of whether you were pregnant or breastfeeding at the time of your previous doses [2].
COVID-19 Vaccination in Pregnancy and Breastfeeding: FAQs

January 27, 2022

Is the COVID-19 vaccine SAFE in pregnancy, breastfeeding and those trying to become pregnant?

Yes. Data from many countries, including in over **185,000 individuals vaccinated** just prior to or in pregnancy in the US, support the safety of the vaccine [1].

- There have been **NO adverse maternal, fetal, or neonatal outcomes** - including miscarriage, preterm birth, low birth weight, hypertensive disorders in pregnancy, maternal mortality, stillbirth, or congenital abnormalities - associated with the vaccine in pregnancy. This is true in ANY stage of pregnancy [2,3].
- There have been **NO adverse neonatal outcomes** associated with the vaccine in breastfeeding [2,3,6,8].
- The vaccine itself does not pass to the fetus or newborn during pregnancy or breastfeeding [3].
- There have been **NO adverse fertility effects in men or women** associated with this vaccine [2,3,8].

The safest and best time to get vaccinated is as soon as possible.

Is the COVID-19 vaccine as EFFECTIVE in pregnancy and breastfeeding?

Yes. Similar to the general population, the COVID-19 vaccines are very effective in protecting against COVID-19 and severe disease from COVID-19 among pregnant and breastfeeding individuals.

When directly compared to unvaccinated pregnant individuals, multiple studies demonstrate that the mRNA COVID-19 vaccines are just as effective in pregnancy as in the general population [4,9].

Additional Resources

The Society of Obstetricians and Gynecologists of Canada COVID-19 Vaccine in Pregnancy | American College of Obstetricians & Gynecologists | CDC COVID-19 Vaccine in Pregnancy Registry

References