

SHOULD YOU GET THE **COVID-19 VACCINE** IF

# YOU ARE PREGNANT OR BREASTFEEDING?



- The first vaccines against the COVID-19 virus have been approved for emergency use. The vaccines are given as shots in 2 doses.
- If you are pregnant or lactating (breastfeeding), you may fall into a category of people (including health care personnel) recommended to receive the COVID vaccination during the initial rollout.
- Catching COVID-19 while you're pregnant may put you and your baby at a higher risk for severe illness or an adverse pregnancy outcome (such as preterm birth).
- A safe vaccine is one in which the benefits of getting it outweigh the risks. Because the new vaccines do not contain any "live" COVID-19 material, there is only a very small chance that the vaccine will cross the placenta or reach your baby, although we don't know this for sure.

## WHAT THE EXPERTS SAY:

### **CENTERS FOR DISEASE CONTROL (CDC):**

People who are pregnant and part of a group recommended to receive the COVID-19 vaccine may choose to be vaccinated.

### **AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS (ACOG):**

COVID-19 vaccines should not be withheld from anyone who is pregnant or lactating and meets criteria for vaccination based on Association for Professionals in Infection and Epidemiology (ACIP) recommended priority groups.

### **SOCIETY FOR MATERNAL FETAL MEDICINE (SMFM):**

The COVID-19 vaccine should be offered to people who are pregnant or breastfeeding/lactating.



## SHOULD YOU GET THE VACCINE?



- Based on everything we know today, you should make your own decision about receiving the vaccine after discussing it with your health care provider.
- The only people older than age 16 who should NOT get vaccinated are those who have had a severe allergic reaction to vaccines in the past.
- You don't have to delay or stop breastfeeding after receiving the vaccine.
- Continue to wear a mask, stay 6 feet away from others, and wash your hands frequently, whether or not you choose to get the vaccine.

### POSSIBLE SIDE EFFECTS:

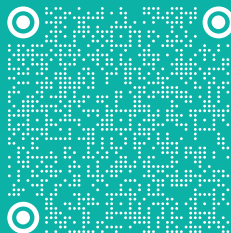
- Will be similar to those experienced after a flu, pneumonia, or other vaccine.
- May include mild to moderate fever, headache, and muscle aches.
- Pregnant people can safely take acetaminophen (Tylenol) for pain or fever relief.

### FOR MORE INFORMATION

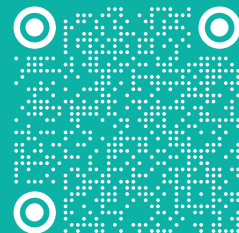
Scan for resources.



*CDC website*



*ACOG website*



*(SMFM) website*