

# COVID-19 Vaccines, Pregnancy, and Breastfeeding: Get the Vaccine to Protect Yourself and Your Baby

**COVID-19 vaccines are now recommended for everyone ages 12 and up. This includes people who are pregnant, breastfeeding, or trying to get pregnant. You may have questions about these new recommendations, and we are here to help answer them!**

## Why is it important for me to get the COVID-19 vaccine if I'm pregnant?

**COVID-19 is a dangerous virus, especially for pregnant people.** If you are pregnant or recently pregnant and get COVID-19, you have a higher chance of:

- Getting seriously ill from COVID-19 and needing to go to the hospital for treatment
- Giving birth to your baby preterm (too early)
- Stillbirth (death or loss of baby before or during delivery)
- Miscarriage (pregnancy loss)

**People with COVID-19 who get seriously ill can die.** Some variants (forms) of COVID-19 spread more easily to others and can cause more serious illness. That is why it is so important to get the vaccine while you are pregnant, and for those around you to get vaccinated.

## Is the COVID-19 vaccine safe for pregnant people?

The vaccine is **safe and works well** at protecting pregnant people from COVID-19. It works to prevent you from getting really sick and experiencing problems during your pregnancy related to COVID-19.

## I heard that COVID-19 vaccines can cause miscarriages. Is this true?

**No. COVID-19 vaccines do not cause miscarriages.** There is no increased risk for miscarriage in pregnant people who got the vaccine. Studies found the vaccine to be safe in pregnant people who were vaccinated at any point in their pregnancy.

## Can I get the vaccine if I'm breastfeeding?

**Yes. You can get the vaccine if you are breastfeeding.** The vaccine helps your body create antibodies, which help fight off the virus and protect you from getting sick. Breastfeeding people who got the vaccine have these antibodies in their breastmilk, which could help protect their baby.

## Is it safe for me to get the COVID-19 vaccine if I want to get pregnant in the future?

**Yes. It is safe for you to get the vaccine.** There is no evidence that the COVID-19 vaccine causes any problems with pregnancy, including a person's fertility (ability to get pregnant).

**Getting the vaccine is the best way to protect yourself and your baby from COVID-19. Talk to your CHN provider if you have more questions!**