

COVID-19 Vaccine during Pregnancy and Breastfeeding

Many pregnant and breastfeeding women are wondering if they should get the COVID-19 vaccine. We hope this information helps you make this important decision.

Is the COVID-19 vaccine safe during pregnancy?

The American College of Obstetrics and Gynecology (ACOG) recommends that the COVID vaccine should not be withheld from pregnant individuals. While safety data on COVID-19 vaccines in pregnancy are limited, there is no data to indicate the vaccines should not be used during pregnancy.

Can the COVID-19 vaccine protect me and my baby from getting COVID-19?

Yes. Early evidence is clear that the vaccine protects pregnant and breastfeeding women and newborns. In a recent study, Pfizer and Moderna COVID-19 vaccines proved to be highly effective in providing immunity against the virus in pregnant and breastfeeding women. In addition, the vaccine was shown to protect newborns who receive antibodies from the breast milk and placenta. Vaccine-induced antibody levels were also greater than levels from natural infection. The study was published in the [American Journal of Obstetrics and Gynecology](#).

Does pregnancy increase my risk for severe illness from COVID-19?

Yes. According to the Centers for Disease Control and Prevention, pregnancy increases your risk for severe illness from COVID-19 compared with non-pregnant peers. Data indicates an increased risk of ICU admission, ventilator use and death. Pregnant women with underlying conditions, such as diabetes or obesity, may be at an even higher risk of severe illness from COVID-19.

Should I talk with my healthcare provider?

A conversation with your healthcare provider is encouraged but not required to get the vaccine. Our obstetricians are happy to talk with you. You may want to discuss the presence of the virus in the community, vaccine safety and efficacy and the risks of COVID-19 to you and your baby.

Has the COVID-19 vaccine been tested on pregnant women?

COVID-19 vaccines were not tested in pregnant individuals during clinical trials. Studies in pregnant women are underway. There are no safety concerns in early data from the CDC's v-safe after vaccination health checker and pregnancy registry. Vaccine makers are also monitoring people in clinical trials who received the vaccine and became pregnant.

Should I get the vaccine if I'm breastfeeding?

ACOG recommends that COVID-19 vaccines should be offered to women who are breastfeeding. Concerns regarding the safety of the vaccine for breastfeeding women do not outweigh potential benefits. Antibodies from your breast milk can also help protect your newborn from COVID-19.

Should I get the vaccine if I want to have a baby in the future?

Yes. If you are trying to become pregnant now or want to get pregnant in the future, you may receive a COVID-19 vaccine. It is not necessary to delay pregnancy after completing the vaccine series. Claims linking COVID-19 vaccines to infertility are scientifically untrue.

- Mankato Clinic Obstetrics and Gynecology, Main Street, 507-389-8522
- www.mankatoclinic.com/obstetrics-and-gynecology
- To find your vaccine: www.mankatoclinic.com/covid-19-vaccine-information