Getting the COVID-19 Vaccine if You're Pregnant or Want to Become Pregnant

Many women who are pregnant or want to become pregnant have understandable concerns about getting the COVID-19 vaccine. Ongoing research has shown the vaccines to be safe for expectant mothers as well as their babies. And the vaccine has no effect on fertility. If you're expecting, we want you to feel confident that getting the COVID vaccine is the best thing you can do for you and your child.

Here's what you need to know about the COVID-19 vaccine, pregnancy and fertility:

Is it safe for pregnant women to get the vaccine?

Several months of data from the original clinical trials and from vaccine recipients who were pregnant or became pregnant after the injections have provided solid proof that the vaccine is safe for both you and your baby. In fact, pregnant women who received the vaccine have passed antibodies along to their babies to help protect them. As a result, the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration recommend that pregnant and lactating women get the vaccine. Because of the small risk of blood clots reported with the Johnson & Johnson vaccine, we recommend that you talk to your OB/GYN about which vaccine would be best for you to take.

The vaccines do not affect breastfeeding

Early safety data on COVID-19 vaccines that were given to pregnant women do not reveal any safety concerns. In fact, several vaccines have safely been given to pregnant and lactating individuals for decades. And, new research has shown that nursing mothers who receive a COVID-19 vaccine may pass protective antibodies to their babies through breast milk for several weeks following vaccination.

The vaccines do not affect your ability to get pregnant

Thousands of women became pregnant after receiving the COVID-19 vaccine with no reporter problems. Furthermore, unfounded claims that link the COVID-19 vaccine to infertility have been scientifically disproven. The American College of Obstetricians and Gynecologists (ACOG) recommends vaccination for all eligible people who may want to get pregnant in the future.

Pregnancy can make you more likely to get severely ill if you contract COVID-19.

While the overall risk of developing serious illness is low, studies have shown that pregnant women who contract COVID-19 are at significantly more risk for severe illness than non-pregnant women. This is one more reason why pregnant women, and those thinking about getting pregnant, should get the vaccine as soon as possible.

Furthermore, as COVID restrictions are lifted across the U.S., pregnant women and those contemplating pregnancy are strongly encouraged to take all available precautions to avoid exposure to COVID-19, including:

- Getting the COVID-19 vaccine
- Maintaining prenatal care appointments
- Wearing a mask at work, in public and around those who are not vaccinated
- Washing hands frequently
- Maintaining social distancing when in crowds or around those who are not vaccinated

For more information on the COVID-19 vaccine and pregnancy, talk to your OB/GYN and visit https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html.

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