

# Pregnancy and the COVID-19 vaccines



**Pregnant people are at a higher risk of complications and death from the COVID-19 virus, so the Centers for Disease Control and Prevention (CDC) has recommended that all those who are pregnant or plan on getting pregnant get the COVID-19 vaccine. Here are answers to some frequently asked questions about pregnancy and the COVID-19 vaccines.**

- **Why are pregnant women more at risk for severe COVID-19?**  
During pregnancy, the body's immune system is suppressed, leaving you more vulnerable to all viral illnesses, including COVID-19. In addition, pregnancy hormones and the growing fetus can decrease the ability of the lungs to expand so a respiratory illness such as COVID-19 can be more dangerous.
- **Is it safe for pregnant women to get the vaccine?**  
Yes. The COVID-19 vaccine is safe. There has been no evidence that the vaccine will harm either you or your unborn baby.
- **Is there a best time in the pregnancy for women to get vaccinated?**  
Any time! It is best to get vaccinated early in the pregnancy for maximum protection against COVID-19, but it is safe and recommended to get vaccinated at any time before or during pregnancy. If you have flu-like symptoms that do not disappear within 48 hours, consult your obstetrician/gynecologist.
- **Should breastfeeding moms get vaccinated, too?**  
The CDC has also recommended that breastfeeding mothers get vaccinated. There is data that nursing mothers who receive a COVID-19 vaccine may pass protective antibodies to their babies through breast milk for at least 80 days following vaccination.
- **Does the vaccine affect fertility?**  
There is no research showing that COVID-19 vaccines affect fertility or impede family planning.
- **Can getting vaccinated while pregnant pass down immunity to the unborn child?**  
The antibodies created by the vaccine to protect the mother have been found in umbilical cord blood, which means that the COVID-19 vaccination during pregnancy might help protect babies against COVID-19. More research, however, needs to be done to determine the extent of this possible protection.
- **Why is it important that pregnant women get the COVID-19 vaccine?**  
There are several reasons why pregnant women should receive the COVID-19 vaccine, including:
  - Greater risk of severe COVID-19 if they contract the virus.
  - Higher death rate if they get the coronavirus.
  - Increased risk of pre-term birth of the baby.
  - Chance of health risks to the fetus.

This is why the CDC, the American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine recommend that pregnant women be fully vaccinated, whether with the Pfizer, Moderna or Johnson & Johnson vaccine.