

COVID-19 Vaccine: Resources for Pregnant and Breastfeeding Moms



Bringing a child into this world is a time of excitement and uncertainty. Yet, over this past year the pandemic added a heavy layer of fear. With the vaccine now available, you are left with an important decision. We hope this resource can help you better understand what is known about the COVID-19 vaccine and provide resources for you to learn more.

WHAT WE KNOW

- Pregnant women have increased risk for negative outcomes from the COVID-19 infection, including severe illness, higher risk of ICU admission, and adverse pregnancy outcomes.
- There is limited data regarding the safety of COVID-19 vaccines in pregnant women, but studies in pregnant women are planned and preliminary studies do not indicate adverse effects.
- COVID-19 vaccines are mRNA vaccines and do not contain a live virus; therefore, it cannot give you COVID-19. The side effects are expected to be no different for pregnant women than other people.
- The American College of Obstetricians and Gynecologists (ACOG) recommends the vaccine should not be withheld from pregnant or lactating individuals.
- The Society for Maternal-Fetal Medicine states that the benefits of the COVID-19 vaccine generally outweigh the risks. They recommend talking with your healthcare professional to make a decision that is right for you.
- The Academy of Breastfeeding Medicine (ABM) recommends that breastfeeding moms receive the vaccination. In fact, the vaccine is unlikely to have biological risks on your baby, but it is likely to produce biological benefits through antibodies transferred in breast milk.

STAY INFORMED

- Consult with your OB-GYN or Pediatrician for concerns and questions regarding the COVID-19 Vaccine.
- Seek information from credible institutions.
 - Harvard Medical School
[Wondering about COVID-19 vaccines if you're pregnant or considering pregnancy?](#)
 - Center for Disease Control
[Information about COVID-19 Vaccines for People who Are Pregnant or Breastfeeding](#)
 - WebMD
[Pfizer Starts COVID Vaccine Trials in Pregnant Women](#)