Pregnancy and COVID-19

Answers to common questions

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I'm pregnant, and have some vaccine questions:

→ Should I get the vaccine?

Yes! CDC recommends that all pregnant people or people trying to get pregnant should be vaccinated. This is because pregnant people who get COVID-19 are more likely to:

- Be sicker, need a hospital stay, and die compared to non-pregnant people
- Have a miscarriage, stillbirth, and deliver too early compared to pregnant people who don't get COVID-19

So it is really important for pregnant people to get vaccinated.

To get the most protection possible, you need 2 shots of the Pfizer or Moderna vaccine. You do not need a doctor's prescription to get vaccinated, and you can get it in any trimester.

> → **Get the COVID-19 vaccine** at your doctor's office, pharmacies, mass vaccination sites, or local health departments. Visit **www.vaccines.gov** or call **1-800-232-0233**.

→ Do I need a booster?

Yes. All people (especially pregnant people) need a booster shot as soon as they are eligible.

→ I had COVID-19 – do I still need to be vaccinated?

Yes. Getting vaccinated helps protect you even if you've already had COVID-19.

> → **Did you know...** Newborns get vaccine protection **during** pregnancy through your placenta and from **breastmilk** if you breastfeed.

→ How can I protect myself and my baby?

Get the COVID-19 vaccine! It lowers your chances of COVID-19, hospital stays, and of dying from COVID-19. And getting vaccinated results in antibodies that might protect your baby.

Remind people in your life that getting vaccinated and boosted is the best way to protect you and your baby.

Protect yourself and your baby:

Wear a tight-fitting N95, KN95, or surgical mask over your nose and mouth when with people who don't live with you, especially when indoors or in public.

Social distance — stay 6 feet apart from others who don't live with you (about the width of a car) and avoid crowds.

Wash your hands often with soap and water (sing "Happy Birthday" twice while washing).

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I'm pregnant, and have some vaccine safety questions:

→ ### How do we know the COVID-19 vaccines are safe for pregnant people?

Hundreds of thousands of pregnant people in the United States have gotten COVID-19 vaccines safely, and doctors have not seen any health problems in them or their babies.

→ ### Can I get COVID-19 from the vaccine?

No. COVID-19 vaccines and boosters do not contain any live virus that could make you sick with COVID-19.

→ ### Do COVID-19 vaccines change my DNA or my baby's DNA?

No. COVID-19 vaccines are made from something called **messenger RNA (mRNA** for short), which can't enter where your DNA is stored in your body. And your body gets rid of all the vaccine mRNA within the first few days after your shot.

I'm trying or may try to get pregnant — what about fertility?

→ ### Do COVID-19 vaccines cause infertility?

No. There is no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems in women or in men.

→ ### If I get the vaccine, do I have to wait a while to try to get pregnant?

No. Doctors agree you don't need to wait, and you should get the COVID-19 vaccine and booster as soon as you can.

What should I do if I'm pregnant and I have COVID-19 symptoms?

Tell your doctor right away if you have a fever, cough, shortness of breath, or other COVID-19 symptoms. Your doctor will tell you where to go if you need a test for COVID-19, and may offer treatment options if you test positive.

↓ ### What if I have more questions about COVID-19 vaccines?

📞 Talk to your doctor

ⓘ Contact MotherToBaby experts in English or Spanish. It's free and private, Monday–Friday 8am–5pm (your local time):
  - Call 1-866-626-6847
  - Chat live at https://mothertobaby.org/

🔗 Learn more at https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html

→ Getting your COVID-19 vaccine and booster is the **best way** to keep you and your baby healthy.

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