

Pregnancy and COVID-19 vaccines

Answers to common questions



I'm pregnant, and have some vaccine questions:

→ Should I get the vaccine?

Yes! The 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 lower your chances of getting very sick or having complications.

To get the most protection possible, you need 1 dose of the updated booster (called the bivalent or Omicron booster). You can get the updated booster even if you didn't get the first COVID-19 vaccines.

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 from getting very sick you even if you've already had COVID-19.


→ How can I protect myself and my baby?


 **Get the COVID-19 vaccine!** It lowers your chances of serious illness and of dying from COVID-19.

 **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:**

 If you live in an area where the COVID-19 community level is medium or high, wear a tight-fitting N95, K95, or surgical mask when around people who don't live with you, especially when indoors or in public

 Avoid crowds and places that don't have good air flow (ventilation)

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

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



Check your community level here:



Or visit: www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html

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 anyone.


→ 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 when you're eligible.

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.

