

Breastfeeding and COVID-19 vaccine: Consider the vaccine to keep yourself and your baby safe

Anyone can get COVID, including children. Even babies can get so sick from COVID that they have to go to the hospital.



→ Why get vaccinated?

When you are pregnant, you have a higher chance of severe COVID illness, which is when you get so sick you must go to the hospital. The vaccine makes you less likely to get COVID and spread it to your baby. And, you can pass your immunity from the vaccine along to your baby:

- Through the placenta, if you are pregnant
- Through your breast milk, if you are nursing

→ How does breastfeeding protect my baby from COVID?

- 1 The vaccine teaches your body to recognize and fight the COVID virus. Your immune system makes antibodies that fight off the COVID virus.
- 2 You pass on immunity to your baby through breastmilk. Your COVID-fighting antibodies begin to pass into your breastmilk 1-2 weeks after you get the vaccine, especially after your 2nd dose.
- 3 Your baby develops some immunity to COVID-19. The antibodies in your breastmilk can help your baby fight the COVID virus. This can help lower the chance that your baby gets very sick.

→ When should I get vaccinated?

Get the vaccine as soon as you can. It's safe to get the COVID vaccine:

- While you are pregnant – your baby will get protection from your vaccine
- After your baby is born – your baby will get protection from breast milk if you breastfeed



- Or, talk to your doctor, pharmacist, or ask wherever you get health care.

Visit our website to find out if you can get a COVID-19 vaccine at no cost through CDC's Bridge Access Program.

 bit.ly/3QMEI8B



Getting the COVID vaccine is the best thing you can do to protect yourself - and your baby

How can I learn more about COVID-19 vaccines?

- To learn more about COVID-19 vaccines at the CDC website, use your smartphone to scan here:



cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/overview-COVID-19-vaccines.html