

# 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



Get the COVID-19 vaccine at your doctor's office, pharmacies, mass vaccination sites, or local health departments. Visit [vaccines.gov](https://www.cdc.gov/vaccines) or call 1-800-232-0233.

### 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.

→ Check your community level here:



Or visit: [cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html)

### 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.



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.





## 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.

### 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 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?

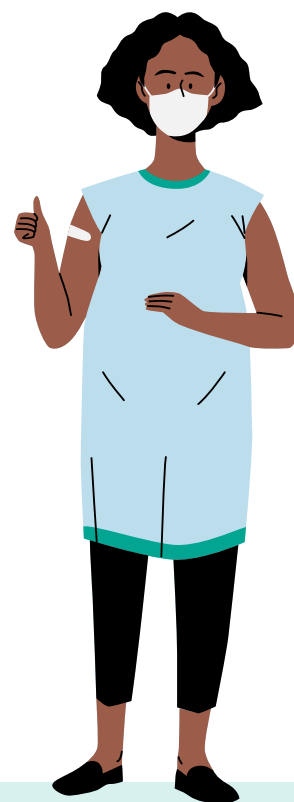
- Talk to your doctor
- Contact MotherToBaby experts in English or Spanish. It's free and private, Monday–Friday 8am–5pm (your local time):



Call **1-866-626-6847**




Chat live at [mothertobaby.org/](https://mothertobaby.org/)



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



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](https://bit.ly/3QMEI8B)