

COVID-19 vaccines

Pregnant, breastfeeding or considering pregnancy

Getting a COVID-19 vaccine can protect you from severe illness.

A vaccine protects you if you are planning to become pregnant and protects you and your baby if you are pregnant or breastfeeding.



STRAIGHT TALK ABOUT COVID-19

Pregnancy facts

- If you are pregnant, you are at **higher risk** for severe illness and premature delivery if you are sick with COVID-19.
- There is no current evidence that COVID-19 vaccination causes any problems with **pregnancy**, including development of the placenta or fetus.
- There is **no current evidence** that fertility problems are a side effect of COVID-19 vaccines.

Breastfeeding facts

- Based on how COVID-19 vaccines work, they are **not considered a risk** to those who are breastfeeding or their babies.
- There is evidence that breastfeeding women who have received COVID-19 mRNA vaccines have antibodies in their breast milk, which could help **protect their babies**.

Good to know

Your menstrual cycle isn't affected by being near someone who received a COVID-19 vaccine.

You can find expert, confidential and free information about COVID-19 vaccinations during pregnancy and breastfeeding by calling **866.626.6847** or visiting Mother to Baby COVID-19 Information (mothertobaby.org/fact-sheets/covid-19).

Get your FREE vaccine!

Learn more at Virginia Department of Health - Patient Education (vdh.virginia.gov/covid-19-vaccine/patient-education/)