

Live Well Work Well

Health and wellness tips for your work, home and life

COVID-19 VACCINE GUIDANCE FOR PREGNANT AND BREASTFEEDING WOMEN

COVID-19 VACCINE GUIDANCE FOR PREGNANT AND BREASTFEEDING WOMEN

The Centers for Disease Control and Prevention (CDC) and the Advisory Committee on Immunization Practices provide [information](#) to help pregnant women decide whether they should get the COVID-19 vaccine. Women who are pregnant and part of a group recommended to receive the COVID-19 vaccine (e.g., health care personnel, front-line essential workers) may choose to be vaccinated.

If you have questions about getting vaccinated, talk to your health care provider.

Vaccine Side Effects

The CDC says that side effects are not expected to be any different for pregnant people than for nonpregnant people. Still, side effects can occur after receiving either of the two available mRNA COVID-19 vaccines, especially after the second dose.

Pregnant women who experience a fever following their vaccination may be advised to take acetaminophen, because fever has been associated with adverse pregnancy outcomes. Acetaminophen may be offered as an option for pregnant women experiencing other post-vaccination symptoms as well.

The CDC recommends that vaccine recipients—including those who are pregnant—talk with their health care providers if they have histories of severe allergic reactions (e.g., anaphylaxis) to any other vaccine or injectable therapy.

If You're Pregnant

Pregnant women are at an increased risk for severe illness from COVID-19, compared with nonpregnant women. Additionally, pregnant women with COVID-19 might be at an increased risk of adverse pregnancy outcomes, such as preterm birth.

There is limited data about the safety of COVID-19 vaccines for people who are pregnant. The CDC and the Food and Drug Administration have safety-monitoring systems in place to capture information about vaccination during pregnancy and will closely watch reports.

If you're pregnant, you may choose to discuss the following key considerations with your clinician regarding whether to get vaccinated:

- Your likelihood of exposure to the virus that causes COVID-19
- Potential risks of COVID-19 to you and your fetus(es)
- General vaccine information (e.g., efficacy, side effects)



JP Griffin Group

COVID-19 VACCINE GUIDANCE FOR PREGNANT AND BREASTFEEDING WOMEN

To prevent the spread of COVID-19, pregnant women who get vaccinated should continue to adhere to the following guidelines:

- Wear a mask.
- Stay at least 6 feet away from others.
- Avoid crowds.
- Wash hands with soap and water for 20 seconds, or use an alcohol-based hand sanitizer if soap and water are unavailable.
- Follow [CDC travel guidance](#).
- Follow quarantine guidance after exposure to COVID-19.
- Follow any applicable workplace guidance.

If You're Breastfeeding

There is no data about the safety of COVID-19 vaccines in lactating women or the effects of mRNA vaccines on breastfed infants. Additionally, it is not known if mRNA vaccines have an impact on milk production and excretion. The mRNA vaccines are not thought to be a risk to breastfeeding infants.

If you are breastfeeding and part of a [group recommended](#) to receive a COVID-19 vaccine—such as health care personnel—you may choose to be vaccinated.

Additional Information

It is not necessary to test for pregnancy before receiving a COVID-19 vaccine, but speak with your doctor about any concerns or questions. Additionally, women who are trying to become pregnant do not need to avoid pregnancy after receiving a COVID-19 vaccine.

Source: CDC