

# COVID-19 Vaccination During Pregnancy and Breastfeeding

If you are pregnant or breastfeeding, you **CAN** receive the COVID-19 vaccine. The decision to be vaccinated is a personal choice.

- Talk to your healthcare provider about the risk of severe illness from COVID-19 versus the potential risks of the vaccine for you and your baby.
- Pregnant people with COVID-19 are at higher risk for preterm labor, serious illness or death, and are 3 times more likely to need the intensive care unit (ICU). Because of this, the state of CA has now prioritized pregnant people to get the vaccine.
  - Some pregnant people are at even higher risk for severe complications if they get COVID-19, such as Black or Latinx people, and people with obesity, diabetes, and heart disorders.
- COVID-19 vaccines have not yet been tested in pregnant or breastfeeding people. Experts believe that COVID-19 vaccines are not likely to pose a risk to pregnant or breastfeeding people or their babies because of what we know about the way these vaccines work. Studies on pregnant and breastfeeding people have been started.
- If you choose not to get the vaccine while pregnant, make a plan to get it after you have your baby.

