



COVID-19 Vaccine Pregnancy & Breastfeeding



It is
YOUR
choice

Talk with your
healthcare
provider

COVID-19 vaccines are safe for those who are pregnant, want to get pregnant, and are breastfeeding

There is growing evidence about the safety of COVID-19 vaccines during pregnancy and breastfeeding

There's no need to wait to get pregnant or breastfeed after receiving the vaccine

COVID-19 vaccines do not cause infertility or miscarriage



I am pregnant, thinking about getting pregnant, or breastfeeding

Should I get the COVID-19 vaccine?

Pregnant people with COVID-19 are more likely to have serious symptoms or even die than non-pregnant people.



HAWAII MATERNAL & INFANT
HEALTH COLLABORATIVE



What are the risks...



The risk of serious illness or death from COVID-19 in pregnancy is higher if you:

- have medical issues, like diabetes, high blood pressure, a weaker immune system, liver or heart disease, or asthma
- are a smoker
- are overweight
- are 35 years of age or older
- are in the last three months of your pregnancy

The risk of getting COVID-19 is higher if you:

- have regular contact with people outside your home
- live in a community with a high rate of COVID-19 infections
- live in a crowded housing area
- work in a high-risk environment (ex. front-line or healthcare worker)

Things to consider...

- Harvard study found that the COVID-19 vaccines give protection from mother to baby, both in pregnancy and breastfeeding.
- Common side effects of COVID-19 vaccines:
 - injection site: pain, swelling, redness
 - throughout your body: tiredness, headache, muscle pain, chills, fever, and/or nausea. These are normal side effects and are a sign that your body is building protection. *Tylenol can be taken to address uncomfortable side effects or fever.

Not sure where to go, or what you'll need?

Check out hawaiiicovid19.com for up-to-date vaccine sites and requirements.

Getting a COVID-19 vaccine during pregnancy or while breastfeeding can protect you and your baby from severe complications from COVID-19.



State of Hawaii Portal: hawaiiicovid19.com



Mother To Baby: mothertobaby.org



Centers for Disease Control and Prevention



American College of Obstetricians and Gynecologists

Resources