



# Why should I get the COVID-19 vaccine while I'm pregnant?

If you're pregnant, you have a higher risk of more severe illness from COVID-19 than people who are not pregnant. Getting vaccinated may protect you from severe illness. Vaccination during pregnancy also helps protect your fetus.

**ACOG strongly recommends COVID-19 vaccination for all people, including anyone who is pregnant.** If you are pregnant and want to know more about the vaccines, talk with your obstetrician–gynecologist (ob-gyn).

## Risks of COVID-19 infection

Pregnant women who get sick with COVID-19 are more likely than nonpregnant women to...



need care in an intensive care unit (ICU)



need a ventilator for breathing support



die from the illness

Certain health conditions, such as diabetes or high blood pressure, may also increase your risk. You and your ob-gyn should talk about your risk of severe illness if you get sick.

## Benefits to getting vaccinated

The COVID-19 vaccines available in the United States are effective at protecting against severe illness, hospitalization, and death from COVID-19.

# Getting vaccinated during pregnancy may help protect...



you



your fetus



your family



your community

## Safety and fertility facts



**The vaccines cannot give you COVID-19.**

The vaccines do not use the live virus that causes COVID-19



**COVID-19 vaccines are safe to get during pregnancy.**

Scientists have compared the pregnancies of women who have received COVID-19 vaccines and women who have not. The reports show that these women have had similar pregnancy outcomes. Data do not show any safety concerns.



**After you get vaccinated, the antibodies made by your body may be passed through breastmilk and may help protect your baby from the virus.** ACOG recommends that breastfeeding women be vaccinated against COVID-19.



**There is no evidence that the COVID-19 vaccines affect fertility.** ACOG recommends vaccination for anyone who may consider getting pregnant in the future.

# How will I feel after getting the vaccine?

Side effects vary from person to person. Some people develop a fever and arm pain for a short time.

## Remember:



**If you have a fever or other discomfort after getting a shot, you can take acetaminophen.** This over-the-counter medication is safe during pregnancy.



**If your discomfort lasts more than a couple of days or if you have questions, talk with your ob-gyn.**

If you have had a severe allergic reaction to a vaccine in the past, talk with your ob-gyn before getting the COVID-19 vaccine.

## Other things to consider

- The vaccine is updated regularly to protect against the most common COVID-19 variants. Make sure to stay up to date on recommended vaccines.
- You may choose to wear a mask in crowded areas even after being vaccinated. Masks are most important for people at increased risk of severe illness from COVID-19.

---

### More information

- Other questions about COVID-19, pregnancy, and breastfeeding: [www.acog.org/COVID-Pregnancy](http://www.acog.org/COVID-Pregnancy)
- More vaccine information for people who are pregnant and breastfeeding: [www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html)
- Other COVID-19 vaccine questions: [www.cdc.gov/coronavirus/2019-ncov/vaccines](http://www.cdc.gov/coronavirus/2019-ncov/vaccines)

PFSI029: This information is designed as an educational aid for the public. It offers current information and opinions related to women's health. It is not intended as a statement of the standard of care. It does not explain all of the proper treatments or methods of care. It is not a substitute for the advice of a physician. For ACOG's complete disclaimer, visit [www.acog.org/WomensHealth-Disclaimer](http://www.acog.org/WomensHealth-Disclaimer).

Copyright November 2023 by the American College of Obstetricians and Gynecologists. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, posted on the internet, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission from the publisher.