

# COVID-19 Vaccination in Pregnant and Lactating Patients

**We understand the difficult decision that many of our patients are facing about whether to be vaccinated for COVID-19. Here are some important facts to understand:**

- Pregnant women are at increased risk of more severe illness and death from COVID-19.
- There may be a higher rate of cesarean delivery, preterm birth, and possibly stillbirth in pregnant patients with symptomatic COVID-19 infection.
- COVID-19 vaccines were approved by Emergency Use Authorization (EUA) since the benefits from the vaccines have outweighed the risks. Current data on the mRNA COVID-19 vaccines from Pfizer and Moderna demonstrate overall safety for pregnant women and their developing babies.
- Studies have shown that the vaccines are **highly effective** in preventing COVID-19 infection, ICU admission, and death, including in pregnant and postpartum women.
- Pregnant patients were not included in the initial research, but they are now. Expert groups including Centers for Disease Control and Prevention (CDC), American College of Obstetrics and Gynecology (ACOG), and Society for Maternal-Fetal Medicine (SMFM) **recommend** vaccination of pregnant, post-partum, lactating patients, and those contemplating pregnancy.
- There is no data to suggest that vaccination impacts future fertility or would harm a developing or breastfeeding baby.

In deciding whether to receive the COVID vaccine, it is important to consider:

- Your potential exposure to COVID-19 infection. Do you, or someone you live with, work closely with people?
- Your other risk factors for COVID-19 which may increase the chances of severe illness such as obesity, diabetes, hypertension and smoking.

If you have specific questions about how your individual situation might impact your risk for COVID-19 infection, then we encourage you to discuss this with one of our health care providers. We also encourage you to read more detailed information on-line to educate yourself, particularly from sources such as the CDC, ACOG and SMFM.

## ONLINE RESOURCES FOR PATIENTS:

- CDC Website: [cdc.gov](https://www.cdc.gov)
  - [Myths and Facts about the COVID Vaccine](#)
  - [Vaccine Considerations for Pregnant or Breastfeeding Women](#)
- ACOG Website: [acog.org](https://www.acog.org)
  - [Statement on vaccinating pregnant and lactating patients](#)

## References

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3. Dooling K, Marin M, Wallace M, et al. The Advisory Committee on Immunization Practices' Updated Interim Recommendation for Allocation of COVID-19 Vaccine - United States, December 2020. *MMWR Morb Mortal Wkly Rep.* 2021;69(5152):1657-1660.
4. ACOG. Medical Experts Continue to Assert that COVID Vaccines Do Not Impact Fertility. [press release] Feb 4, 2021. <https://www.acog.org/news/news-releases/2021/02/medical-experts-assert-covid-vaccines-do-not-impact-fertility>.
5. Shimabukuro TT et al. Preliminary Findings of mRNA Covid-19 Vaccine Safety in Pregnant Persons. *N Engl J Med.* 2021 Jun 17;384(24):2273-2282.
6. SMFM. Provider Considerations for Engaging in COVID-19 Vaccine Counseling with Pregnant and Lactating Patients, October 2021. [https://s3.amazonaws.com/cdn.smfm.org/media/3134/Provider\\_Considerations\\_for\\_Engaging\\_in\\_COVID\\_Vaccination\\_Considerations\\_10-1-21\\_%28final%29.pdf](https://s3.amazonaws.com/cdn.smfm.org/media/3134/Provider_Considerations_for_Engaging_in_COVID_Vaccination_Considerations_10-1-21_%28final%29.pdf)
7. ACOG. ACOG and SMFM Recommend COVID-19 Vaccination for Pregnant Individuals, July 2021. <https://www.acog.org/news/news-releases/2021/07/acog-smfm-recommend-covid-19-vaccination-for-pregnant-individuals>

For current information on COVID-19 vaccinations, visit [mainlinehealth.org/covid19](https://mainlinehealth.org/covid19).

