

# COVID-19 Vaccines and Pregnancy

It is understandable to have questions about the COVID-19 vaccine and pregnancy. This fact sheet answers common questions about the vaccine.

## Is the COVID-19 vaccine safe for me and my baby?



The COVID-19 vaccine protects you and your baby. The vaccine lowers your risk of getting COVID-19 and spreading it to others, including your baby.

COVID-19 vaccines do not contain the live virus and cannot infect you or your baby with COVID-19.

Pregnant people have not experienced any safety problems linked to the Pfizer or Moderna vaccines. There is a very rare risk of blood clots with the Johnson & Johnson vaccine.

There is no evidence that COVID-19 vaccines cause miscarriage. They do not alter your DNA.

**Pregnant people are more likely to get very sick from COVID-19. This can cause early delivery and other risks for the baby.**



## Will the vaccine affect my ability to get pregnant?

No. There is no evidence that COVID-19 vaccines affect fertility.

*Updated 1/19/21*

## Is it safe to get the vaccine while I'm breastfeeding?

Yes. COVID-19 vaccines are recommended for people who are breastfeeding. Being vaccinated while breastfeeding may help protect your baby from the virus.

## Will the COVID-19 vaccine affect my hormones or menstruation?



Some people have noticed changes in their period after getting a COVID-19 vaccine. We do not know yet if this is because of the vaccines. There is no evidence that COVID-19 vaccines cause changes in hormone levels.

## Was the vaccine developed too quickly?

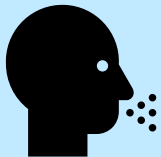
Scientists have been working for many years to create vaccines for viruses like COVID-19. This gave them a head start on creating these vaccines.

People all over the world put a lot of time and resources into developing and testing COVID-19 vaccines.

It has been one year since the first COVID-19 vaccines were given. Over 200 million Americans have gotten vaccinated.

**We can be confident that the vaccines are both safe and effective.**

## If I had COVID-19, do I still need to be vaccinated?



You should get vaccinated even if you had COVID-19 before. Getting sick with COVID-19 can give you some protection from getting infected again, but this protection can vary from person to person.

Getting vaccinated gives you and your baby the best protection against getting COVID-19.

## What can I expect?

Side effects are normal and usually last a couple of days. Common side effects include arm pain, headaches, tiredness, muscle pain, and fevers.

## How can I get a COVID-19 vaccine?



The COVID-19 vaccine is **free**. You will need to show a document with your date of birth, such as a driver's license, IDNYC, or passport.

### ONLINE

Go to [VaccineFinder.nyc.gov](https://VaccineFinder.nyc.gov) and choose your preferred brand under the "Any vaccine" drop-down menu.

### BY PHONE

Call 877-VAX-4NYC (877-829-4692) for help finding a vaccination site

### IN-HOME VACCINATIONS

Go to [forms.cityofnewyork.us/f/home](https://forms.cityofnewyork.us/f/home) or call 877-VAX-4NYC (877-829-4692).

## How can I learn more?

If you want to speak to someone about COVID-19 vaccines during pregnancy, experts can answer questions in English or Spanish.



Call **866-626-6847**, text **855-999-8525**, or chat at [mothertobaby.org](https://mothertobaby.org).

This free and confidential service is available Monday - Friday, 8AM to 5PM.