

FREQUENTLY ASKED QUESTIONS: COVID-19, PREGNANCY, BREAST AND CHEST FEEDING

Q
Who can I contact if I am pregnant and have questions about the COVID-19 vaccine?

A
In addition to your healthcare provider, you can contact **MotherToBaby** whose experts are available to answer questions in English or Spanish by phone or chat. The free and confidential service is available at: 1-866-626-6847 or mothertobaby.org



A
The CDC recommends that people who are breast or chest feeding get vaccinated against COVID-19, including the booster shots. Vaccines have proven to be effective at preventing COVID-19 in people who are breast or chest feeding.

Q
Can I get the COVID-19 vaccination while breast or chest feeding?



Q
Can my baby or I get infected with COVID-19 from getting the vaccine while breast or chest feeding?

A
COVID-19 vaccines cannot cause COVID-19 infection in anyone, including the parent or baby. None of the COVID-19 vaccines contain live virus. Vaccines are effective at preventing COVID-19 in people who are breast or chest feeding. Recent reports have shown that breast or chest feeding people who have received mRNA COVID-19 vaccines have antibodies in their breastmilk, which could help protect their babies.



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Citation:
Centers for Disease Control
March 3, 2022

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Q
Will getting the COVID-19 Vaccine effect my milk supply?

A
Currently, there is no data to suggest that getting the COVID-19 vaccine while breast or chest feeding will effect your milk supply.



Q
What side effects are there if I get the COVID-19 vaccine while pregnant and/or breast or chest feeding?

A
Side effects can occur after receiving any of the available COVID-19 vaccines. People who are pregnant have not reported different side effects from people who are not pregnant, after being vaccinated against COVID-19. Side effects may include: tiredness, headache, muscle pain, fever, chills.

Q
What if I am trying to become pregnant or would like to become pregnant in the future?



A
CDC recommends that people who are trying to get pregnant now or might become pregnant in the future, as well as their partners, get vaccinated and stay up to date with their COVID-19 vaccines, including getting a COVID-19 booster shot when it's time to get one.

