

Can I get a vaccine if I'm pregnant, breastfeeding, or of childbearing age



Getting a COVID-19 vaccine can **protect people** from severe COVID-19. For people who are of childbearing age, getting a vaccine protects you and can **protect your baby** if you are pregnant or breastfeeding.

Pregnancy Facts

Getting a COVID-19 vaccine during pregnancy can **protect you from severe illness** from COVID-19.

- Pregnant people are **at higher risk** for getting severely ill with COVID-19 and delivering a baby prematurely.
- There is **no current evidence** that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta or fetus.
- If you are trying to become pregnant now, or want to in the future, you may **get a COVID-19 vaccine**.
- There is **no current evidence** that fertility problems are a side effect of COVID-19 vaccines.



Breastfeeding Facts

- Breastfeeding is **important** for a baby's health.
- Based on how COVID-19 vaccines work, these vaccines are **not considered a risk** to those who are breastfeeding or their babies.
- There is evidence that breastfeeding people who have received COVID-19 mRNA vaccines have **antibodies in their breast milk**, which could help protect their babies.



GOOD TO KNOW: Your menstrual cycle isn't affected by being near someone who received a COVID-19 vaccine.

Find your FREE COVID-19 vaccine at [Vaccinate.Virginia.gov](https://www.vaccinate.virginia.gov) or call **877-VAX-IN-VA (877-829-4682)**.



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