COVID-19 Vaccines and Pregnancy

If you're pregnant, it is recommended to stay up to date with your COVID-19 vaccine and boosters.

Getting the COVID-19 vaccine while pregnant will help protect your baby as soon as they are born.

Vaccines are safe during pregnancy.

Research shows that COVID-19 vaccines are safe for pregnant people and can help protect both the parent and the baby. The vaccine can be given before, during, or after pregnancy.

Breastfeeding people can get vaccinated.

People who are breastfeeding can receive any of the COVID-19 vaccines available in the United States.

If you have COVID-19, you can still breastfeed.

Health experts say that people with COVID-19 can continue breastfeeding. If you are sick, take precautions to reduce the chance of passing the virus to your baby.

Vaccination may help protect your baby.

Studies show that people who receive COVID-19 mRNA vaccines (such as Pfizer or Moderna) can pass protective antibodies through breast milk, which may help protect their babies.

Please visit: cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Breastfeeding-Guidance