



I am planning on feeding my newborn my breastmilk – can I have the vaccine? Is it safe?

- Yes, the COVID-19 vaccination is recommended for people who are breastfeeding and is safe.
- Data shows COVID-19 vaccines are safe, and the risk of becoming seriously ill or dying due to COVID-19 is very real.
- The COVID-19 vaccines create an immune response but do not reproduce inside your body.
- Breastfeeding people who receive the vaccine have antibodies in their breastmilk, which could help protect their babies.
- As more lactating individuals receive the vaccine, more data will be available about the benefits/risks. Discuss with your obstetric or pediatric provider.
- A vaccine registry that is gathering information on breastfeeding and the COVID-19 Vaccine can be accessed at <https://vsafe.cdc.gov/en/>



I received my initial vaccine doses – should I get the booster shot if I am breastfeeding?

- Yes, it is recommended that individuals who are within six weeks post-partum receive the booster shot when eligible to help reduce breakthrough exposures, increase their immunity to COVID-19, and potentially provide added immunity to their baby.



What are the possible side effects?

- Not everyone will have side effects.
- Pain, redness, swelling in the injection site; tiredness, headache, muscle aches, chills, fever, nausea may be possible side effects.



Will the vaccine decrease my milk supply?

- No, reduced milk supply is not an expected outcome of vaccination.
- Generally, issues are common whether or not you have the vaccine. Contact your lactation consultant or counselor for tips on maintaining your milk supply.



Will the baby get the vaccine through the breastmilk (immunity transferred)?

- It's unlikely the vaccine transfers into breastmilk, but the antibodies your body creates after getting the vaccine may transfer to the milk and benefit the baby.



Can I still breastfeed if I am having side effects of the vaccine?

- Yes, you can.
- Continuing to breastfeed while you have side effects of the vaccine may have the benefit of passing on immunity.
- Keep hydrated and only use symptom relief that is safe for breastfeeding individuals.
- At this time, there is no data regarding the health impact on breastfed infants of mothers who were vaccinated. However, any vaccine that makes it into breast milk is likely to be quickly inactivated when the milk is digested.



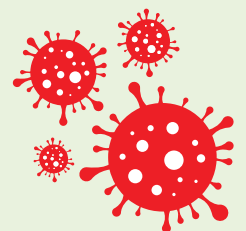
Is it effective?

- Yes, COVID-19 vaccines reduce the severity of the virus or symptoms if exposed to the virus.
- You will need to complete your dose(s) to have it be fully effective.
- You may receive the COVID-19 vaccine the same day or close to receipt of other vaccines.



Will getting the vaccine give me the virus?

- No, it does not contain any live virus that causes COVID-19.



Scan QR code to find a vaccine location near you.



Remember to stay safe and follow local recommendations!

Information is continuously changing – accurate as of publication date. For current information, refer to the CDC website and talk with your health care provider:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

For pregnancy, see this infographic.

