

THE COVID-19 VACCINE:

Considerations Involving Pregnancy, Lactation & Fertility

The CDC recommends the COVID-19 vaccination for all individuals age 12 and up. This includes individuals who are pregnant, lactating, trying to get pregnant now, or might become pregnant in the future. There is no evidence that any of the COVID-19 vaccines affect current or future fertility. A conversation between the patient and their clinical team may assist with decisions about the use of a COVID-19 vaccine; however, approval by a healthcare professional is not required before vaccination.



Pregnancy

Pregnant and recently pregnant individuals with COVID-19 are at increased risk for severe illness when compared with non-pregnant individuals. Severe illness includes illness that requires hospitalization, intensive care unit admission, mechanical ventilation or extracorporeal membrane oxygenation; or illness that results in death, although the absolute risk for these outcomes is low.

Additionally, pregnant individuals with COVID-19 are at increased risk for preterm birth and might be at increased risk for other adverse pregnancy complications and outcomes, such as preeclampsia, coagulopathy and stillbirth. A growing body of evidence on the safety and effectiveness of COVID-19 vaccination – in both animal and human studies – indicates that the benefits of vaccination outweigh any known or potential risks of COVID-19 vaccination during pregnancy.

Fertility

The CDC recommends COVID-19 vaccination for all individuals trying to get pregnant now or who might become pregnant in the future. There is no recommendation for routine pregnancy testing before receipt of a COVID-19 vaccine. Those who are trying to become pregnant do not need to avoid pregnancy after COVID-19 vaccination. There is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems. Many women have become pregnant after receiving a COVID-19 vaccine.

More Information

For a complete summary of findings related to COVID-19 vaccines and pregnancy lactation and fertility, visit the CDC website at:

<https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#pregnant>.

Lactation

The CDC recommends COVID-19 vaccination for lactating individuals. Recent reports have shown that the antibodies developed from mRNA COVID-19 vaccination were present in breastmilk samples. While research continues to determine if these antibodies convey protection against COVID-19 infection for neonates and infants, studies show no indication of risk to neonate and infants through breastmilk.



"I decided to get the COVID vaccine when I was four months pregnant. Working in healthcare, the benefits far outweighed the risks and I wanted to protect myself, the baby and those I care for at work. I am so glad I did it and now have a healthy baby girl."



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