



# COVID-19: Vaccine Facts

## Pregnancy and Breastfeeding

### WHY GET A VACCINE?



- Pregnancy experts **recommend COVID-19 vaccination** for people who are pregnant or breastfeeding. This includes getting a COVID-19 booster dose when it is time to get one.
- If you are pregnant or were recently pregnant, you are more likely to get very sick from COVID-19 compared to people who are not pregnant.
- If you get COVID-19 while you are pregnant, you are at increased risk of complications like preterm birth and still birth.
- Getting a **COVID-19 vaccine can protect you and your baby** from getting very sick from COVID-19. Staying as healthy as possible during pregnancy is not only important for your health but also for the health of your baby. The protection you get from the vaccine is also passed to your baby and helps keep them safe during their first months of life.



### WHEN TO GET THE VACCINE

- The vaccine can be given at **any stage of pregnancy** or when breastfeeding.
- Most people need 2 doses of Pfizer or Moderna vaccine for their primary series with a booster 5 months later. People with weak immune systems may need additional doses and/or a second booster and should speak to their doctor. For more details, see the vaccine schedules on [ph.lacounty.gov/VaccineAppointment](https://ph.lacounty.gov/VaccineAppointment).



### WHAT ABOUT SAFETY?

- Thousands of pregnant people have **safely received COVID-19 vaccines**. There have been no reports of increased risk of miscarriage, still birth, growth problems, or birth defects.
- If you have questions, **talk to your doctor**. You can also call 866-626-6847, text 855.999.8525, e-mail [ContactUs@mothertobaby.org](mailto:ContactUs@mothertobaby.org) or start a chat on at [mothertobaby.org/ask-an-expert](https://mothertobaby.org/ask-an-expert).



### VACCINES ARE FREE FOR EVERYONE - even if you don't have insurance

You will not be asked about your immigration status. There are many sites across LA County - many are open weekends and evenings and don't need an appointment. To find a location in your neighborhood:

- Visit [VaccinateLACounty.com](https://VaccinateLACounty.com) or call **833-540-0473**, 8am to 8:30pm.
- You can also call 2-1-1 or ask your doctor or local pharmacist.
- Free transportation and in-home vaccination are also available.