The Centers for Disease Control (CDC), the American College of Obstetricians and Gynecologists, and the Society for Maternal-Fetal Medicine recommend that all pregnant people get the COVID-19 vaccine.

**PREGNANCY**

Pregnant and recently pregnant people who get COVID-19 are more likely to get severely ill compared to non-pregnant people. Pregnant people with COVID-19 are also more likely to get pregnancy complications like preterm birth.

**LACTATION**

There is no evidence that COVID-19 spreads to babies through breast milk. Breastfeeding people who have received Pfizer or Moderna vaccines have antibodies in their breastmilk, which could help protect their babies. This has not been seen with the J&J vaccine.

**MENSTRUATION**

Some people report changes in their menstrual cycle following COVID-19 vaccination - either a heavier or lighter flow or unexpected bleeding. These changes are temporary and not harmful.

**FERTILITY**

There is no evidence that COVID-19 vaccines cause miscarriage or decrease fertility in women or men.

**INFO ABOUT VACCINES**

- **PFIZER (COMIRNATY)**
  - 2 DOSES- 21 DAYS APART
- **MODERNA**
  - 2 DOSES- 28 DAYS APART
- **J & J**
  - 1 DOSE

All: Future booster shots

There are three different COVID-19 vaccines available in the US. They have been shown to be safe and effective. You cannot get COVID-19 from the vaccine. None of the vaccines contain the virus that causes COVID-19. There is a risk of a rare but serious condition involving blood clots and low platelets in people who received the J&J vaccine. This happened in about 7 in every 1 million vaccinated women 18-49 years old. The risk of blood clots is MUCH higher with COVID-19 infection than with vaccination.
More Information on COVID-19 Vaccines, Pregnancy, and Lactation:

- Los Angeles County Public Health COVID-19 Vaccine FAQ: Pregnancy, Breastfeeding, and Fertility at VaccinateLACounty.com
- CDC COVID-19 Vaccines While Pregnant or Breastfeeding webpage at: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html
- Society for Maternal and Fetal Medicine COVID-19 Vaccination if You Are Pregnant or Breastfeeding

How to Get Vaccinated:

Visit VaccinateLACounty.com and click on “How to Get Vaccinated” to find a location near you.

No appointment is needed at many locations. Vaccines are free and you don’t need insurance. You will not be asked about your immigration status.

You can also call the Vaccine Call Center at 833-540-0473. The call center is open daily from 8:00 am to 8:30 pm and can help you:

- Find a vaccination location in your neighborhood
- Arrange transportation to and from a vaccination site
- Request vaccination at home if you are homebound