

# COVID-19 Vaccines and Pregnancy

## COVID-19 vaccine is safe for pregnant people

- The Centers for Disease Control and Prevention and Minnesota Department of Health strongly recommend that all people who are pregnant, recently pregnant, breastfeeding, and considering pregnancy get vaccinated for COVID-19. Pregnant people are at a higher risk of severe COVID-19 disease compared to non-pregnant people.
- If you are pregnant, get vaccinated to help protect you from severe illness from COVID-19.
- Studies continue to show that COVID-19 vaccines are safe during pregnancy and while breastfeeding.
- Getting the COVID-19 vaccine can protect not just the pregnant person but also their newborn baby.
  - Studies show that babies born to those who are vaccinated for COVID-19 during pregnancy had a lower risk of being hospitalized for COVID-19 in their first six months of life.
- The developing baby of a pregnant person who is sick with COVID-19 may also be at risk.
  - There is an increased risk of preterm delivery, and there may be an increased risk for stillbirth for people who tested positive for COVID-19 while pregnant.
- Talk with your health care provider if you have questions.
- Already vaccinated for COVID-19? Make sure you've received at least one dose of the 2024-2025 COVID-19 vaccine to be up to date on your COVID-19 vaccines.

## COVID-19 vaccine is safe for people who want to have a baby one day.

- If you are trying to become pregnant now or want to get pregnant in the future, it is recommended that you get a COVID-19 vaccine.
- There is no evidence that fertility problems are a side effect of any COVID-19 vaccine.

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