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COVID-19 Vaccination if You Are Pregnant or Breastfeeding

The Society for Maternal-Fetal Medicine (SMFM) and other pregnancy experts recommend that pregnant and lactating people be vaccinated against COVID-19. Vaccination is the best way to reduce the risks of COVID-19 infection and COVID-related complications for both you and your baby.

The US Food and Drug Administration (FDA) has issued emergency use authorization for three vaccines to prevent COVID-19:

- The two-dose Pfizer vaccine for people 16 years and older
- The two-dose Moderna vaccine for people 18 years and older
- The one-dose Johnson & Johnson vaccine for people 18 years and older (you may also see this vaccine referred to as the “Janssen vaccine”)

For those receiving the Pfizer and Moderna vaccines, the second dose is given 21 days (Pfizer) and 28 days (Moderna) after the first dose.¹ The Johnson & Johnson vaccine is only one dose.²

Anyone can get the COVID vaccines free of charge regardless of immigration status or whether they have insurance. You may be asked for your social security number, but it is NOT required to get vaccinated.

Information for Pregnant Individuals

If you are pregnant or planning to become pregnant and are thinking about getting vaccinated, consider talking with your health care professional about the vaccine.

To help with your decision, you should consider the following key points:

What are benefits of getting the COVID-19 vaccines during pregnancy?