



Why pregnant people need the updated COVID-19 vaccine: Suggested talking points

- **People who are or were recently pregnant are more likely to become seriously sick from a COVID-19 infection.**
 - Pregnancy can cause diabetes and high blood pressure, which [increase the risk](#) of severe symptoms from a COVID-19 infection.
 - Getting infected with COVID-19 while pregnant [can nearly double the risk of preeclampsia](#), a pregnancy complication that can be life-threatening.
 - Staying up to date on COVID-19 vaccination protects pregnant people against severe illness and death from the virus, prevents adverse pregnancy and neonatal outcomes, and passes [protective antibodies](#) to the fetus.
- **If a pregnant person gets infected with COVID-19, their baby is at risk of severe outcomes.**
 - A COVID-19 infection [may result in miscarriage](#), preterm birth, or stillbirth, even when the pregnant person isn't experiencing severe symptoms.
 - A COVID-19 infection may also impact the fetus's [brain development](#).
 - Getting vaccinated during pregnancy is safe for the developing fetus. Babies who are exposed to COVID-19 vaccines in utero are protected up to 6 months and [less likely to die or be admitted to a NICU](#) than those who are not exposed to COVID-19 vaccines.
- **The COVID-19 vaccine is safe and recommended for pregnant people.**
 - Dozens of studies show that getting vaccinated against COVID-19 is safe for people who are pregnant or trying to get pregnant. There is strong evidence that the COVID-19 vaccine [doesn't impact fertility](#).
 - The CDC recommends the updated COVID-19 vaccine for everyone 6 months and older, [including people who are pregnant](#), breastfeeding, and trying to get pregnant.
 - Visit [Vaccines.gov](https://www.vaccines.gov) to find pharmacies near you offering the updated COVID-19 vaccine.



Why pregnant people need the updated COVID-19 vaccine: Frequently asked questions

1. Is the updated COVID-19 vaccine safe for pregnant people and their babies?

Yes. Dozens of studies show that getting vaccinated against COVID-19 is safe for people who are pregnant or trying to get pregnant as well as for their developing fetuses. Staying up to date on COVID-19 vaccination prevents severe illness and death resulting from COVID-19 infection. This is especially important for pregnant people, who face [a higher risk of severe outcomes](#) from COVID-19 infection, including miscarriage, preterm birth, and stillbirth. Babies who are exposed to COVID-19 vaccines in utero are protected up to 6 months and are [less likely to die or be admitted to a NICU](#) than those who are not exposed to COVID-19 vaccines.

2. When should pregnant people get the updated COVID-19 vaccine?

The CDC, the American College of Obstetricians and Gynecologists, and the Society for Maternal-Fetal Medicine recommend COVID-19 vaccination [at any point during pregnancy](#). You can also get the updated COVID-19 vaccine if you've recently been pregnant, if you're breastfeeding, or if you're trying to conceive. There is strong evidence that the COVID-19 vaccine [doesn't impact fertility](#).

If you currently have a COVID-19 infection, the CDC recommends [you wait](#) until your symptoms resolve to get your updated COVID-19 vaccine.

3. What other vaccines are recommended for pregnant people?

The CDC recommends that pregnant people [get the Tdap vaccine](#), which protects pregnant people and their babies against whooping cough, between 27 and 36 weeks of pregnancy. The CDC also recommends that pregnant people get the flu shot (the injection, not the nasal vaccine) at any point during pregnancy and the [RSV vaccine](#) between 32 and 36 weeks of pregnancy if you're pregnant from September through January.

Vaccines that are not recommended during pregnancy include the human papillomavirus (HPV) vaccine, the measles-mumps-rubella (MMR) vaccine, the nasal flu vaccine, the varicella (chickenpox) vaccine, and certain travel vaccines, unless they're recommended by your health care provider.