



## If you are pregnant or breastfeeding, protect yourself and your baby by getting vaccinated against COVID-19.

Pregnant or breastfeeding people **SHOULD** get vaccinated against COVID-19. Getting a COVID-19 vaccine while pregnant or breastfeeding is safe, effective and recommended by Eisner Health, the CDC and the American College of Obstetricians.



### Getting a COVID-19 vaccine while pregnant or breastfeeding...

**...cannot give you COVID-19.** The vaccines do not contain the live coronavirus. They cannot give COVID-19 to the person being vaccinated, an unborn baby in the womb, or a baby that is breastfeeding.

**...will not worsen your side effects.** Reported side effects are the same for pregnant and non-pregnant people.

**...is safe and effective.** Getting a shot of the COVID-19 vaccine during pregnancy works to pass on protection against the virus to newborns during their most vulnerable early months of life, a new study published by the CDC reported. The study found maternal vaccination was 54% effective against COVID-19 hospitalization in infants younger than 3 months old over the past season.

### Which is the best vaccine if I am pregnant or breastfeeding?

All COVID-19 vaccines while pregnant or breastfeeding are safe and effective and recommended by Eisner Health and the CDC.

Talk to your Eisner Health provider about a COVID-19 vaccine today. To schedule your COVID-19 vaccine appointment visit [eisnerhealth.org/vax-preg](https://eisnerhealth.org/vax-preg) or call (213) 747-5542.

