

Information to Keep You  
Protected from COVID-19  
During Your Pregnancy

# Pregnant & Protected

**“I’m giving me and my baby the best defense.”**

## Why should I get the COVID-19 vaccine?

Pregnancy can bring both joy and worries, and COVID-19 has made things more challenging for moms-to-be who want to keep themselves and their developing babies safe. COVID-19 is still spreading, and getting up to date with COVID-19 vaccines is the best way to be protected. If you’re not up to date with the COVID-19 vaccines, you’re at a higher risk of severe illness if you get sick with COVID-19. This includes admission to an intensive care unit (ICU), needing a ventilator to breathe and other complications that can hurt you and your developing baby.

**“I do everything I can to  
keep us safe and healthy.”**

## Is the vaccine safe for me and my baby?

From scientific studies that included hundreds of thousands of women around the world, we know that getting COVID-19 vaccines before, during or after pregnancy is safe for you and your baby. Vaccinated mothers also pass the antibodies they create from the vaccines to their babies. These antibodies can protect babies during the first months of their lives before they can get the vaccine.

**Talk to your healthcare provider about how to stay up to date with COVID-19 vaccines before, during and after your pregnancy.**

## How do I get up to date?

Get the information you need to make an informed choice about staying up to date with COVID-19 vaccines before or during pregnancy or while breastfeeding. Talk with a trusted health care provider, like your OB/GYN, nurse, doula, midwife or local pharmacist to make a plan to get up to date.

Visit [PregnantAndProtected.org](https://PregnantAndProtected.org) for more information or to find vaccines near you. ▶



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