

Pregnant and Breastfeeding People Should Get Vaccinated

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We have been hearing a lot of questions about the COVID-19 vaccines and pregnancy. There are a number of harmful myths and misconceptions that are not based on science or what is known about these vaccines.

As the Chief Medical Officer for the Mount Sinai Health System and System Chair of Obstetrics, Gynecology, and Reproductive Science, we want to be straightforward about these vaccines and their safety: **Pregnant people in all trimesters of pregnancy should get vaccinated to protect themselves and their baby from COVID-19. People who are breastfeeding, and people who are considering becoming pregnant in the future, should get vaccinated as well.**

All major reproductive health organizations recommend vaccination as the best method of protection against COVID-19, especially for those who are pregnant. These organizations include the Centers for Disease Control and Prevention (CDC), The American College of Obstetricians and Gynecologists (ACOG), and the Society for Maternal Fetal Medicine (SMFM).

All across the United States and here in New York City, we are seeing disturbing increases in the number of unvaccinated pregnant patients in the ICU. This includes pregnant patients on ventilators from COVID-related admissions. It is heartbreaking and it is unnecessary.

So let us be totally clear: There is no evidence that COVID-19 vaccines have any negative impact on fertility, pregnancy, or on a baby who is breastfeeding. If anything, we are learning that the vaccines offer additional protection to the baby during pregnancy and breastfeeding.

Here are the key points we want to make sure everyone knows:

- Pregnant persons are at increased risk for serious pregnancy complications from COVID-19 infection, including hospitalization and needing ICU care. This means that it is especially important that pregnant people get vaccinated to protect their health as well as the health of their baby.
- All of the major organizations that are involved with reproductive health care, including the CDC, ACOG, SMFM, and the New York City and New York State Health Departments, strongly recommend vaccination of people who are pregnant, breastfeeding, and who are considering becoming pregnant in the future.
- There is **no** relationship between pregnancy loss and mRNA vaccines.
- There are growing data that the antibodies produced from the vaccines can help protect the newborn through breastfeeding.

If you are pregnant, breastfeeding, or considering becoming pregnant, and you are not yet vaccinated, please get vaccinated today. You will be protecting yourself, your baby, and your family from the very serious threat that is COVID-19.

More information can be found [here](#).

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