

# COVID-19 Vaccine & Breastfeeding: What you need to know

Looking for the best way to keep you and your baby healthy?

**Get vaccinated & don't delay your booster!**

## How am I (and my baby) protected?

- With curious babies comes inevitable germs. **Milk from vaccinated mothers has antibodies that neutralize COVID-19 germs before (and after) your baby is exposed to them.**
- It's not just about the baby - your health matters too! **Antibody levels are higher in vaccination than when you have the illness...even in pregnancy and when breastfeeding.**
- **Vaccines work and can keep your family healthy.** A recent study showed hospitalizations were *14 times higher* for unvaccinated adults than for fully vaccinated adults.

## Vaccine Side Effects

- After vaccination, normal and expected side effects may be chills, headache, and body aches. Don't forget: **you can take Advil or Tylenol** while breastfeeding!
- **Plan on downtime.** Most moms report that performing tasks at work, around the house, or with childcare were more difficult the day after vaccination.
- Babies may experience increased fussiness (~3%) or sleepiness (~3%).
- **All symptoms should subside within 24-48 hours.**
- Few mothers reported an impact on milk supply or a temporary change in pumped breast milk color. These returned to normal within 72 hours, with no evidence of harm to the baby.

## Vaccine Myths

I already had COVID-19, so I don't need to get vaccinated

The vaccine will give me and my baby COVID-19

Getting vaccinated means risking **long term** health and **fertility**

vs.

## Vaccine Facts

The vaccine is still *highly* recommended. The duration of natural immunity is unknown and produces fewer antibodies

The COVID-19 vaccines do not contain the live virus and cannot cause infection

There is *no evidence* that vaccine ingredients cause any problems with future health or pregnancies

## Has there been enough research?

Although COVID-19 has highlighted problems with FDA approvals for pregnant and breastfeeding women, **we now have more research on the COVID-19 vaccine and breastfeeding safety than 99% of other drugs.**

Women are protected *from* research, not *through* research. We're working on making this change. The benefits look greater than the risks.

Call the **InfantRisk Center** with questions regarding COVID-19 vaccination and breastfeeding  
 1-806-352-2519 (M-F 8a-5p CST)

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