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.”


Facts vs. Myths
“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”


Additional reading:


Low JM, Gu Y, Ng MSF, et al. Codominant IgG and IgA expression with minimal vaccine mRNA in milk of BNT162b2 vaccinees. NPJ Vaccines. 2021;6(1):105. doi:10.1038/s41541-021-00370-z
