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 vs. Vaccine Facts

<table>
<thead>
<tr>
<th>Vaccine Myths</th>
<th>Vaccine Facts</th>
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<tbody>
<tr>
<td>I already had COVID-19, so I don't need to get vaccinated</td>
<td>The vaccine is still highly recommended. The duration of natural immunity is unknown and produces fewer antibodies</td>
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<tr>
<td>The vaccine will give me and my baby COVID-19</td>
<td>The COVID-19 vaccines do not contain the live virus and cannot cause infection</td>
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<tr>
<td>Getting vaccinated means risking long term health and fertility</td>
<td>There is no evidence that vaccine ingredients cause any problems with future health or pregnancies</td>
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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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Updated 12-09-21. For more detailed, up-to-date information, visit our COVID-19 section on InfantRisk.com.