

REPRODUCTIVE HEALTH & COVID-19 VACCINES

September 2021

PREGNANCY

Pregnant and recently pregnant people who get COVID-19 are more likely to get severely ill compared to non-pregnant people.^{3,4}

Pregnant people with COVID-19 are also more likely to get pregnancy complications like preterm birth.^{3,4}

The Centers for Disease Control (CDC), the American College of Obstetricians and Gynecologists, and the Society for Maternal-Fetal Medicine recommend that all pregnant people get the COVID-19 vaccine.¹



LACTATION

There is no evidence that COVID-19 spreads to babies through breast milk.⁴



Breastfeeding people who have received Pfizer or Moderna vaccines have antibodies in their breastmilk, which could help protect their babies.⁴ This has not been seen with the J&J vaccine.

MENSTRUATION

Some people report changes in their menstrual cycle following COVID-19 vaccination - either a heavier or lighter flow or unexpected bleeding. These changes are temporary and not harmful.⁵

FERTILITY



There is no evidence that COVID-19 vaccines cause miscarriage or decrease fertility in women or men.^{2,4}

INFO ABOUT VACCINES



THE BENEFITS OF ALL 3 VACCINES FAR OUTWEIGH THEIR RISKS.

PFIZER (COMIRNATY)
2 DOSES- 21 DAYS APART

MODERNA
2 DOSES- 28 DAYS APART

J & J
1 DOSE

ALL: FUTURE BOOSTER SHOTS

There are three different COVID-19 vaccines available in the US. They have been shown to be safe and effective.⁶

You cannot get COVID-19 from the vaccine. None of the vaccines contain the virus that causes COVID-19.⁶

There is a risk of a rare but serious condition involving blood clots and low platelets in people who received the J&J vaccine. This happened in about 7 in every 1 million vaccinated women 18-49 years old. The risk of blood clots is MUCH higher with COVID-19 infection than with vaccination.^{7,8}

MORE INFORMATION ON COVID-19 VACCINES, PREGNANCY, AND LACTATION:

- Los Angeles County Public Health [COVID-19 Vaccine FAQ: Pregnancy, Breastfeeding, and Fertility](#) at [VaccinateLACounty.com](#)
- CDC COVID-19 Vaccines While Pregnant or Breastfeeding webpage at: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>
- CDC COVID-19 Vaccines for People Who Would Like to Have a Baby at: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/planning-for-pregnancy.html>
- [Society for Maternal and-Fetal Medicine COVID-19 Vaccination if You Are Pregnant or Breastfeeding](#).

HOW TO GET VACCINATED:

Visit [VaccinateLACounty.com](#) and click on “[How to Get Vaccinated](#)” to find a location near you.

No appointment is needed at many locations. Vaccines are **free** and you don't need insurance. You will not be asked about your immigration status.

You can also call the Vaccine Call Center at **833-540-0473**. The call center is open daily from 8:00 am to 8:30 pm and can help you:

- Find a **vaccination location** in your neighborhood
- Arrange **transportation** to and from a vaccination site
- Request **vaccination at home** if you are homebound

[1] ACOG and SMFM Recommend COVID-19 Vaccination for Pregnant Individuals. <https://www.acog.org/news/news-releases/2021/07/acog-smfm-recommend-covid-19-vaccination-for-pregnant-individuals>

[2] CDC. CDC Data: COVID-19 Vaccination Safe for Pregnant People. <https://www.cdc.gov/media/releases/2021/s0811-vaccine-safe-pregnant.html>

[3] CDC. Pregnant and Recently Pregnant People at Increased Risk from Severe Covid-19. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html>

[4] CDC. COVID-19 Vaccines While Pregnant or Breastfeeding. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

[5] NIH. COVID-19 Vaccines and the Menstrual Cycle. <https://covid19.nih.gov/news-and-stories/covid-19-vaccines-and-menstrual-cycle>

[6] CDC. Ensuring COVID-19 Vaccine Safety in the US. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html>

[7] CDC. CDC Recommends Use of Johnson and Johnson's Janssen COVID-19 Vaccine Resume. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html>

[8] CDC. What do I need to know about Johnson & Johnson's Janssen COVID-19 Vaccine (J&J/Janssen) now? <https://www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/324167-a-consumer-facing-three-vaccines-8.5x11-final-print.pdf>