

Effectively Engaging People Who Are Hesitant About the COVID-19 Vaccine

FAQ In-Depth: Breastfeeding

What You Need to Know¹

- COVID-19 vaccination has proven to be safe and effective, and is recommended for all people 5 years and older, including people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.
- Pregnant and recently pregnant people are at increased risk for severe illness from COVID-19 when compared with non-pregnant people.
- Evidence about the safety and effectiveness of COVID-19 vaccination during pregnancy and for mothers who are breastfeeding is growing. These data suggest that the benefits of receiving a COVID-19 vaccine outweigh any known or potential risks.
- Recent reports have shown that breastfeeding people who have received mRNA COVID-19 vaccines have antibodies in their breast milk, which could help protect their babies. More data are needed to determine the level of protection these antibodies may provide to the baby.

Frequently Asked Questions

- *What are the benefits for getting the vaccine while breastfeeding?*
 - Mounting evidence shows that breast milk of vaccinated mothers carries antibodies against the virus that causes COVID-19, which doctors suggest can protect babies from getting the COVID-19 virus until they can be vaccinated.
- *Do those same benefits exist if I got vaccinated while pregnant?*
 - Yes. When pregnant people receive a COVID-19 vaccine during pregnancy, their bodies build antibodies against COVID-19 that they can then pass to their babies.
- *Is my baby vaccinated against COVID-19 if I get the vaccine and breastfeed?*
 - No, while your baby will receive antibodies through breast milk, those antibodies provide “passive immunity,” which will help protect your baby but is not considered the same as receiving a vaccine themselves.
- *Are there safety concerns about the vaccine with pregnant women or people who are breastfeeding?*
 - No safety concerns were found in early studies.

¹ Sources <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>
<https://www.cedars-sinai.org/blog/newborn-covid-19-immunity.html>

- *Can the COVID-19 vaccines cause infection for breastfeeding people or their babies?*
 - No. None of the COVID-19 vaccines contain the live virus that causes COVID-19 so a COVID-19 vaccine cannot make anyone sick with COVID-19, including pregnant people, breastfeeding people, or their babies.
- *How long do the antibodies protect my baby? Will they stop if I stop breastfeeding?*
 - We don't know yet. Clinical researchers need to study breastfed infants and their mothers for longer to understand the long-term benefits. We do know that the antibodies continue to show up as long as breastfeeding continues.

If you are interested in receiving the vaccine, please visit this website to find a location near you:

<https://covid19.colorado.gov/vaccine/where-you-can-get-vaccinated>

If you have additional questions, please contact us. We're here to help.