

# Your COVID-19 Vaccination Choice while Breastfeeding

Getting vaccinated is one of the most important things you can do to help protect yourself, your loved ones, and your community from COVID-19. The American College of Obstetricians and Gynecologists recommends that lactating individuals be vaccinated against COVID-19. There is no need to stop breastfeeding when you get vaccinated. When you get vaccinated, the antibodies made by your body may be passed through breast milk and may help protect your child from COVID-19.



“When my patients ask me about the COVID-19 vaccines, I proudly tell them I got the shots and that I was breastfeeding at the time. In fact, I am still pumping and breastfeeding my baby. Getting the vaccine was the right choice for me.”

— **Veronica Maria Pimentel, MD, FACOG**, obstetrician-gynecologist and maternal-fetal medicine specialist (Connecticut)

## TALK WITH YOUR OBSTETRICIAN-GYNECOLOGIST IF YOU HAVE ANY QUESTIONS OR CONCERNS.

Vaccination is a personal choice. We will listen and respond so that you can make an informed decision. This conversation is not required to get a vaccine, though it may be helpful.

## GET YOUR FREE COVID-19 VACCINE

There are many places near you where you can get vaccinated. Visit [vaccines.gov](https://vaccines.gov) or [vacunas.gov](https://vacunas.gov) to find them.