

*With the facts, we can all make informed decisions about our health.*

## A Guide for Pregnancy and Fertility Questions Around the COVID-19 Vaccines:

- The COVID-19 vaccines are safe, effective and recommended for all New Yorkers. This includes and is especially important for pregnant New Yorkers, those looking to become pregnant and lactating New Yorkers.
- The vaccine is your greatest protection against the virus—for pregnant people and their babies—and it is safe to breastfeed your baby after getting the COVID-19 vaccine. The [American College of Obstetrics and Gynecology](#) (ACOG), CDC and our state health and medical experts all strongly recommend that pregnant people get vaccinated.
- It's important to know that all of the COVID-19 vaccines authorized for emergency use in the United States were rigorously tested in trials. The COVID-19 vaccines are held to the same rigorous safety and effectiveness standards as all other types of vaccines in the United States.
- Each vaccine had three rounds of clinical trials with tens of thousands of participants with a diverse range of race, age and other demographics. Millions more have taken the vaccine, including [millions of New Yorkers](#) and even more Americans who have already completed their vaccine series.
- As of June 14, 2021, over 124,000 pregnant people in the U.S. have received the vaccines, and the CDC is closely following over 5,100 volunteers who got vaccinated during pregnancy. No harmful pregnancy-related outcomes have been found. You can read about a study on this issue published by the [New England Journal of Medicine](#).
- When you are pregnant, changes in your immune system occur that can put you at *greater risk* for contracting severe disease from COVID-19.
- In September 2021, the CDC issued an important [health warning](#) for pregnant people – sharing the startling news that [97%](#) of pregnant people hospitalized due to COVID-19 were unvaccinated. That is an enormous and very scary number.
- The CDC also shared that dangerous outcomes occurred among unvaccinated pregnant people who contracted COVID-19, including pre-term birth, neo-natal events—meaning a newborn needed to spend time in the NICU—and even stillbirths had occurred.
- The best way to protect yourself from COVID-19 and these severe outcomes is to get vaccinated.
- There are important benefits—for both you and your baby—after you receive the COVID-19 vaccine. According to the [CDC](#), recent reports have shown that breastfeeding people who have received COVID-19 mRNA vaccines have antibodies in their breastmilk, which could help protect their babies. Pregnant people can also pass antibodies received through vaccination to their babies through their womb which is also protective.
- Many people who are looking to be pregnant in the future fear that the COVID-19 vaccines can change your DNA and are concerned that this can impact fertility. [The COVID-19 vaccines cannot change your DNA](#), and there is **no evidence** to suggest that the COVID-19 vaccines cause any type of fertility issue, for women or men.
- According to the [CDC](#), if you are trying to get pregnant now or in the future, would-be parents should receive a COVID-19 vaccine.
- There are currently three vaccines authorized for emergency use in the United States: the two-dose Moderna and Pfizer-BioNTech mRNA vaccines and the one-dose Janssen/Johnson & Johnson vaccine. You should also know that none of the vaccines can give you COVID-19.

## #GetTheVaxFacts

- The two-dose Moderna and Pfizer-BioNTech vaccines are mRNA vaccines. They do not contain the live virus that causes COVID-19 and do not interact with a person's DNA or cause genetic changes because the mRNA does not enter the nucleus of the cell, which is where our DNA is kept. You can see how these vaccines work at the video [here](#).
- The one dose Johnson & Johnson/Janssen vaccine is a viral vector vaccine, meaning it uses a modified version of a different virus (the vector) to deliver important instructions to our cells. Vaccines that use this same viral vector have been given to pregnant people in all trimesters of pregnancy, including in a large-scale Ebola vaccination trial in which no adverse pregnancy-related nor adverse infant-related outcomes were associated with vaccination in these trials. You can see how this vaccine works at the video [here](#).
- There is no evidence that any vaccines, including COVID-19 vaccines, cause problems with getting pregnant.
- If you are trying to become pregnant, you do not need to avoid pregnancy after receiving a COVID-19 vaccine.
- Medical experts continue to carefully study COVID-19 vaccines for side effects and will report additional findings as they become available.
- The [CDC](#) and FDA have [safety monitoring systems](#) in place to gather information about COVID-19 vaccination during pregnancy, and current data **has not** identified any safety concerns for pregnant people who were vaccinated or their babies.
- We hope the fact-based information here can help you make the decision to get vaccinated – so you can protect yourself and your loved ones and remain healthy and safe.

**It's OK to have questions, and that's why we want to make sure you have the information you need to get good answers. We all deserve the truth to make informed decisions about our health.**

### Frequently Asked Questions:

**Question: Do COVID-19 vaccines cause infertility in women?**

**Answer: No! There is no evidence that the COVID-19 vaccine affects fertility or leads to pregnancy loss.**

The NYS Department of Health agrees with the [CDC](#) that those who are trying to get pregnant now or in the future should receive a COVID-19 vaccine. If you are trying to become pregnant, you do not need to avoid pregnancy after receiving a COVID-19 vaccine.

**Question: Can COVID-19 vaccines cause infertility in men?**

**Answer: Claims that the COVID-19 vaccine causes infertility in men are also unfounded and untrue. There is no evidence to suggest that the COVID-19 vaccine causes any type of fertility issue for men or women.**

The Society for Male Reproduction (SMR) and the Society for the Study of Male Reproduction [both recommend](#) that the COVID-19 vaccines be offered to men desiring fertility. While some men in vaccine clinical trials experienced fever as a side effect following the vaccine, according to SMR and SSMR, if a man experiences fever as a result of the COVID-19 vaccine, "he may experience a temporary decline in sperm production, but that would be similar to or less than if the individual experienced fever from developing COVID-19 or for other reasons." This has no connection to future fertility for men.

According to the [CDC](#) and nation's best health and medical experts, if you are trying to get pregnant now or in the future, would-be parents—including both men and women—should receive a COVID-19 vaccine.

**Question: Are COVID-19 vaccines safe for pregnant people?**

**Answer: Yes!** The CDC recently [released new data](#) on the safety of COVID-19 vaccinations among pregnant people and encourages vaccination for all people 12 years and older, including people who are pregnant, breastfeeding, trying to get pregnant now or might become pregnant in the future.

The increased circulation of the highly contagious [Delta variant](#), the [low vaccine uptake among pregnant people](#) and the increased risk of severe illness and pregnancy complications related to COVID-19 infection among pregnant people make vaccination for this population more urgent than ever.

Currently no evidence shows that any vaccines, including COVID-19 vaccines, cause fertility problems (issues trying to get pregnant) in women or men.

**Question: Can being near someone who received the COVID-19 vaccine change my menstrual cycle?**

**Answer: No!** According to the [CDC](#), your menstrual cycle cannot be affected by being near someone who received a COVID-19 vaccine.

Many things can affect menstrual cycles, including stress, changes in your schedule, problems with sleep and changes in diet or exercise. Infections may also affect menstrual cycles.