Pregnant? Nursing a child?
What you should know about COVID-19 vaccine.

We recommend you ask your healthcare provider about COVID-19 vaccine.

If you are pregnant and get COVID-19, you are more likely to:
• Need hospital or ICU care for yourself or your baby.
• Give birth prematurely.
• Lose your baby or die during pregnancy.

We recommend you ask your healthcare provider about COVID-19 vaccine.

You are eligible to get COVID-19 vaccine if you are pregnant or nursing. You need adult consent if you are under age 18.

Studies show COVID-19 vaccines:
• Lower risk to you and your baby.
• Are equally safe during each trimester of pregnancy.
• Provide passive protection to your baby through breast milk for up to 6 months.
• Aren’t linked to any specific risks during pregnancy.

If you’re pregnant, get vaccinated to

Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities
protect you and your baby. 83% of babies hospitalized for COVID-19 were born to unvaccinated mothers.

Professional groups representing doctors, nurses, and midwives who specialize in care during and after pregnancy strongly support COVID-19 vaccines.

Get vaccinated and stay up to date with boosters.

Those who are pregnant, trying to get pregnant, or nursing a child may choose to get any COVID-19 vaccine.

Who can get vaccine?

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Primary series</th>
<th>Original booster (monovalent)</th>
<th>Updated booster (bivalent)</th>
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<tr>
<td>Pfizer</td>
<td>6 months or older.</td>
<td>5–11 years.</td>
<td>12 years or older.</td>
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<tr>
<td>Moderna</td>
<td>6 months or older.</td>
<td>5–11 years.</td>
<td>18 years or older.</td>
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<tr>
<td>Novavax</td>
<td>18 years or older.</td>
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Everyone 5 years or older should get a booster dose.

All 3 vaccines provide excellent protection against severe illness or death from COVID-19.

FDA limited use of Johnson & Johnson (J&J) vaccine because of the very rare risk of blood clots. You may still be eligible to get J&J if you can’t get the other

Learn more about COVID-19 vaccine and find vaccine events at tpchd.org/vaxtothefuture.