

# Breastfeeding and COVID-19 vaccine: Keep yourself and your baby safe



Lots of people, including babies and young kids, are getting COVID. **Four times as many children** have been hospitalized during the Omicron wave than during the previous case spikes.

**Getting vaccinated against COVID is the best thing you can do to protect your baby.**

## Why get vaccinated?

1. You will be less likely to get COVID and spread the virus to your baby
2. The immunity that you develop from the vaccine will be passed on to your baby

## How does breastfeeding help?

**1. The vaccine teaches your body to recognize and fight COVID virus**



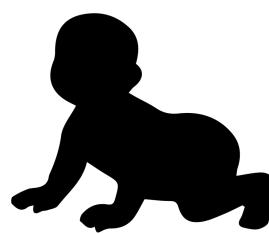
The vaccine teaches your body how to produce **antibodies** that fight off the COVID virus.

**2. You pass on immunity to your baby through breastmilk**



Antibodies that create immunity to COVID are **found in breastmilk** 1-2 weeks after vaccination. Even more are found after the 2nd dose.

**3. Your baby develops some immunity to COVID as result**



The antibodies found in breastmilk **can defeat the COVID virus**. Even if your baby gets sick with COVID, if you breastfeed and are vaccinated, your baby will likely be less sick.

## When should I get vaccinated?

It's safe to get vaccinated both during pregnancy and after the baby is born - immunity is passed on to the baby.

Since pregnant women are at high risk for severe COVID illness, it's best to get the vaccine as soon as possible. This will reduce your chance of getting COVID during pregnancy. It will also pass your antibodies to the growing baby. But if you prefer to wait to get vaccinated until after your baby is born and **you breastfeed**, your baby will benefit from your vaccination.

## Where to get your COVID-19 vaccine in Joplin

### City of Joplin Health Department

321 E 4th St. Joplin, MO 64841  
Vaccine clinics every Tuesday  
Ages 18 and up  
Vaccines available by appointment.  
Call (417) 623-6122 to schedule.

### Community Clinic of Southwest Missouri

701 S. Joplin Ave. Joplin, MO 64801  
Vaccine clinics every Thursday, 9am - 4pm  
Ages 12 and up  
Appointments preferred.  
Call (417) 624-5500 to schedule.