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I am pregnant or breastfeeding. Should I get the COVID-19 Vaccine?

COVID-19 vaccination (including booster doses) is strongly recommended during pregnancy. Getting vaccinated, as soon as possible, is the safest choice to protect yourself and your baby from the known risks of COVID-19 infection.

What are the risks of COVID-19 during pregnancy for you and your baby?



COVID-19 positive pregnant people are more likely to get very unwell and need intensive care in hospital.

- Most pregnant people with COVID-19 will have mild symptoms and fully recover; however, some will develop moderate to severe COVID illness and need to be hospitalized.
- If you are COVID-19 positive and pregnant, your risk of hospitalization, intensive care unit admission and need for life support is greater than if COVID-19 positive and not pregnant.
- It is possible to have ongoing medical complications after your COVID-19 infection has passed.
- If you have any type of COVID-19 infection in pregnancy, there is an impact on pregnancy outcomes: your risk of stillbirth, preterm birth, high blood pressure, caesarean delivery and low birth weight are significantly increased. Your baby may be admitted to the neonatal unit.
- COVID-19 infection in pregnancy increases your risk of medical complications and death.

What are the benefits of COVID-19 vaccination for you and your baby?



COVID-19 vaccines are highly effective in preventing infection and severe illness.

- The mRNA vaccines are effective at reducing the risk of a COVID-19 infection caused by any variants of the virus (e.g., Omicron) similarly in both pregnant and non-pregnant people.
- Booster doses decrease the chance of having a symptomatic COVID-19 infection, the severity of the COVID-19 illness and the chance of being hospitalized because of COVID-19.
- Antibodies created by the COVID-19 vaccine can offer protection to your baby and are passed through the placenta and/or in your breastmilk.



The mRNA COVID-19 vaccines and boosters doses are safe in pregnancy.

- Several studies with large numbers of pregnant people have shown that vaccination immediately before and/or during any time in pregnancy has no impact on pregnancy outcomes.
 - **NO** increased risk of miscarriage, preterm birth, stillbirth, growth restriction, high blood pressure during pregnancy, medical complications of pregnancy or death.

What are the risks of getting the COVID-19 vaccine?

Pregnant and breastfeeding individuals who receive the mRNA (Pfizer or Moderna) vaccines experience the same side effects of vaccination as non-pregnant individuals.

In more than 35,000 pregnant and/or breastfeeding people who were monitored at the time of COVID-19 vaccination:

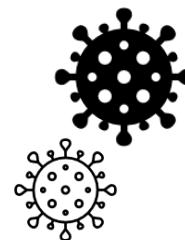
- The common side effects were:

PAIN AT THE INJECTION SITE · FATIGUE · HEADACHE · MUSCLE PAIN

- Less than 10% of pregnant people experienced a fever.
- Allergic reactions/anaphylaxis (serious life-threatening allergic reaction) were **RARE**.
- Very rare cases of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) following vaccination were reported and resolved without any complication.

The mRNA COVID-19 vaccines:

- X Do NOT** contain any live virus.
- X Do NOT** contain any mercury, aluminum, formaldehyde or substances harmful to you and/or your baby.
- X Do NOT** contain any human and/or animal blood or byproduct(s).
- X CANNOT** be measured in your bloodstream; thus, the baby is **NOT** exposed to the vaccine.



There are extremely few contraindications to taking the mRNA COVID vaccine.

- Pregnancy and/or breastfeeding is NOT a medical reason to not take the vaccine.
- If you have had a COVID-19 infection, you are still at risk of re-infection. Vaccination is recommended for strong and long-lasting protection.

What do the experts recommend?

The **National Advisory Committee on Immunization (NACI)** strongly recommends that a complete vaccine series with an mRNA COVID-19 vaccine should be offered to people in the authorized age group who are pregnant or breastfeeding. Booster doses are also recommended for pregnant or breastfeeding people.

The Society of Obstetricians and Gynaecologists of Canada (SOGC) recommends that all individuals who are pregnant or those trying to become pregnant should receive all COVID-19 vaccination doses, including the booster dose, when eligible.



In Ontario, all pregnant individuals are eligible and prioritized to be vaccinated as soon as possible, at any stage of pregnancy. The same applies to receiving a booster dose three months after their last dose.

What else should I think about to help me decide?

Make sure you understand as much as you can about COVID-19, vaccines and booster doses. Ask a trusted source, such as your obstetrician, midwife, family doctor or nurse, any questions.



The risk of getting COVID-19 is higher if:

- The dominant variant circulating (i.e., Omicron) is more easily passed from person-to-person
- You live in a community with a lot of COVID-19 cases
- You have regular contact with people outside of your home
- You live in a crowded housing situation
- You, or a member of your household, work in a high-risk environment (e.g., you are a front-line essential worker or healthcare worker)

The risk of developing severe illness from COVID-19 in pregnancy is higher if:

- You have medical problems (e.g., pre-pregnancy diabetes, pre-pregnancy high blood pressure, a compromised immune system, kidney disease, liver disease, heart disease and/or asthma)
- You are overweight
- You are a smoker
- You are 35 years of age or older
- You are in the last three months (third trimester) of your pregnancy

It's safer to get vaccinated (and boosted) as soon as possible, especially if you are at an even higher risk of getting COVID-19 and developing severe illness. The known risks of severe illness from COVID-19 are greater than the known risks of the vaccine.

How can I protect myself and my baby from COVID-19?

- Wear a well-fitted, high-quality mask
- Wash your hands often
- Avoid crowded spaces and practice physical distancing
- Self monitor for symptoms of COVID-19
- Reduce number of close contacts
- Continue receiving healthcare before, during and after your pregnancy
- Get vaccinated (including booster dose) and encourage household members to do the same



If you choose to wait, you need to know that without the vaccine, you are at higher risk of severe illness from COVID-19.

Is it safe to get vaccinated while breastfeeding?



COVID-19 vaccines can be safely given to people who are breastfeeding; the vaccine mRNA is not detectable in your breast milk.

- Antibodies produced by the breastfeeding person after COVID-19 vaccination have been shown to pass into the breastmilk and may give your baby some protection against COVID-19.
- Receiving a COVID-19 vaccine while breastfeeding should not disrupt your breastfeeding and does not have an adverse impact on your baby.

What if I get pregnant after getting vaccinated?



If you are pregnant or become pregnant soon after getting the first or second dose of the vaccine, you should complete the full series and receive your booster dose.

- Several studies show there is no impact of COVID-19 vaccination prior to and at any time, in the first trimester on the risk of miscarriage or any adverse pregnancy outcome.

What if I am planning a pregnancy?

There is no evidence to suggest that COVID-19 vaccines have any effect on your fertility or chances of becoming pregnant. Fertility treatment is not a medical reason that prevents you from getting vaccinated.

Summary

COVID-19 positive pregnant people are more likely to get very unwell and need intensive care in hospital.

COVID-19 vaccines are highly effective in preventing infection and severe illness.

The mRNA COVID-19 vaccines and boosters doses are safe in pregnancy.

Antibodies created by the COVID-19 vaccine can offer protection to your baby through the placenta or breastmilk.



Do you have more questions?

Speak to your healthcare provider for more information.

Your feedback is important to us!

Please complete an online survey by scanning the QR code.

