



# Are you pregnant, planning to be pregnant, or have you recently had a baby?

**Having a COVID-19 vaccine while pregnant or breastfeeding/chestfeeding can be a difficult decision while we await long-term data on safety.**

**We hope that this infographic will help you make an informed decision that is right for you.**

Unvaccinated pregnant women/people and their infants who get COVID-19 are at higher risk of serious disease or death.

While having a COVID-19 vaccine may not prevent you from getting the virus, it can reduce your chance of having a miscarriage, stillbirth, preterm birth, and of having your baby admitted to the intensive care unit (NICU). The vaccine can also reduce your chance of getting pneumonia, needing admission to hospital, needing a machine to breathe for you, or dying.

When you get the COVID-19 vaccine during pregnancy, your body creates antibodies that protect your baby from becoming sick.

It is safe to receive the vaccine at any stage before, during, or after pregnancy. This recommendation is based on evidence obtained from over 100,000 pregnant persons in Canada and thousands more around the world.

Health Professional Groups\* strongly recommend getting the vaccine while planning a pregnancy, during pregnancy, or while breastfeeding/chestfeeding. The benefits outweigh the risks to you and your baby.

\* Society of Obstetricians & Gynaecologists of Canada (SOGC), Public Health Agency of Canada (PHAC), College of Family Physicians of Canada (CFPC), Canadian Association of Midwives (CAM), National Advisory Committee on Immunization (NACI)



## Is the COVID-19 vaccine safe for me?

Vaccine side effects include pain, swelling or redness at the injection site, fever, fatigue, headache, muscle pain, vomiting/diarrhea, and joint pains. The chance of getting these symptoms and their severity is the same in pregnant and non-pregnant women/people.

Getting the vaccine during pregnancy DOES NOT raise your risk of having a miscarriage, or your baby being born with a malformation, or any other risks to your pregnancy or baby.

Serious complications such as life-threatening allergic reactions, myocarditis and pericarditis (inflammation of the heart muscle or lining around the heart), blood clots, and muscle weakness or paralysis are very rare.

## Is it safe to breastfeed / chestfeed my baby if I have received the vaccine?

You can safely breastfeed/chestfeed after having a COVID-19 vaccine. Studies on human milk of those vaccinated during or after pregnancy show that very little vaccine (if any) passes into human milk.

## Will the vaccine affect my menstrual cycles or ability to have a baby?

COVID-19 vaccines may increase time between menstrual periods for one or two days and change the pattern of bleeding slightly. However, these changes only last for a few months following vaccination. There is no evidence that the vaccine makes anyone infertile or lowers your chances of getting pregnant.