

Should I get the COVID-19 Vaccine if I am Pregnant or Breastfeeding?

COVID-19 infection during pregnancy

- Can lead to serious health complications, hospitalization, and death
- Can increase the risk of preterm birth, stillbirth, and other pregnancy complications

Choosing to get the COVID-19 vaccine is a way of protecting yourself , your baby, and others.

Other reasons to get vaccinated

- It reduces your chances of being infected with COVID-19.
- Even if you do get infected, the illness is less likely to be severe or require hospitalization.
- It reduces the spread of COVID-19 to those around you.



COVID-19 vaccines are recommended in pregnancy and breastfeeding

- It is safe to receive the COVID-19 vaccine while pregnant or breastfeeding if you have no health contraindications or allergy to any of the vaccine components.
- The National Advisory Committee on Immunization (NACI) and the Society of Obstetricians and Gynaecologists of Canada (SOGC) recommend that people who are pregnant or breastfeeding are offered a complete mRNA COVID-19 vaccine series (e.g., Pfizer, Moderna) at any time during pregnancy or while breastfeeding if they have no contraindications.

If you are still unsure about whether to receive the COVID-19 vaccine, talk to your healthcare provider or call HealthLine 811.



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COVID-19 vaccines are safe in pregnancy and breastfeeding

- Data shows that people who are pregnant or breastfeeding who receive the mRNA vaccine experience similar side effects as non-pregnant and non-breastfeeding people.
- Getting the COVID-19 vaccine during pregnancy has not been shown to affect the development of the baby during pregnancy and after birth.
- Getting the COVID-19 vaccine while breastfeeding has not been shown to affect milk supply or have any negative effects on the baby.
- Evidence shows that vaccination during pregnancy and breastfeeding builds antibodies that may help to protect the baby.

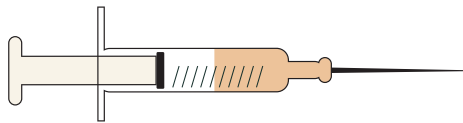
Previous COVID-19 infection does not mean you do not need to get vaccinated

- Vaccination is still recommended for those who have previously had COVID-19 infection for long-lasting protection.

You should get vaccinated even if you are planning to get pregnant

- There is no evidence to suggest that the COVID-19 vaccine affects fertility.

Protect yourself, your baby, and others



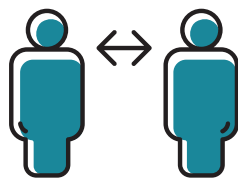
Get your full vaccination series, including booster shots if applicable.



Continue to receive health care before, during, and after your pregnancy.



Wash your hands often and use hand sanitizers.



Avoid large gatherings and practice physical distancing.



Wear a mask when out in public.

This resource reflects the information available as of the date of this publication. It is not intended to take the place of medical advice, diagnosis, or treatment. Talk to your healthcare provider if you have questions about any of the information contained in this resource.

References available at: [COVID-19 Vaccine in Pregnancy and Breastfeeding References](#)

