

COVID-19 Vaccine: Preconception, Pregnancy and Breastfeeding

Leading health experts in Canada agree that COVID-19 vaccines are safe and effective for pregnant people. The National Advisory Committee on Immunization (NACI) recommends a complete two-dose vaccine series with an mRNA COVID-19 vaccine (Pfizer-BioNTech or Moderna) for pregnant and breastfeeding individuals. The Society of Obstetricians and Gynaecologists of Canada (SOGC) supports vaccination at any stage of pregnancy or while breastfeeding, if no medical concern exists. This is because a COVID-19 infection at any stage in pregnancy can be severe.

If you have questions, talk to a healthcare provider about the risks and benefits of the COVID-19 vaccine, so that you can make an informed decision.

If you are planning to get pregnant:

- Get fully vaccinated.
- There is currently no evidence of infertility associated with COVID-19 vaccines.

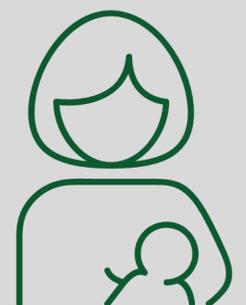


If you are currently pregnant:

- Protect yourself and your baby by getting fully vaccinated.
- COVID-19 vaccine prevents severe illness in individuals who are pregnant.
- Severe COVID-19 illness in pregnancy can cause complications such as: preterm birth, neonatal complications, fetal distress, ICU admission, hospitalization, invasive ventilation and mortality
- The risk of these complications increases for pregnant individuals who are over 35 years of age or have pre-existing conditions such as diabetes, heart disease, hypertension or obesity.
- There are currently no known harmful effects to your baby or increased risks of miscarriage or birth defects from the COVID-19 vaccine.
- The antibodies that mRNA vaccines produce in pregnant individuals are comparable to those produced in non-pregnant individuals. These antibodies transfer across the placenta, providing protection to the baby

If you are breastfeeding:

- Protect yourself and your baby by getting vaccinated.
- Recent studies show those who are breastfeeding and have received an mRNA COVID-19 vaccine have developed antibodies in their breastmilk. This may offer additional protection for babies.



For more information visit the Grey Bruce Health Unit's COVID-19 vaccine webpage at www.publichealthgreybruce.on.ca/COVID-19/Vaccines

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